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Tuesday, May 24, 2011
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News worth
sharing.



JOHN ULAN/THE CANADIAN PRESS

Tour gives evacuees optimism

► Decision to allow residents to briefly return to their devastated Slave Lake neighbourhoods came on Sunday

Residents of Slave Lake knew there would be shock and tears when they boarded buses yesterday to briefly return to their fire-ravaged town.

But it was the optimism they felt by the end of the trip that caught them by surprise.

"It made me feel much better," said Brenda Derkoch after stepping off the bus that returned to the evacuation centre in Athabasca.

"My house is gone, all my neighbours' houses are gone, but we have all our schools. We have the hospital. We have so many people out there working so hard for us," she added.

Still, seeing the smoldering,

"It's hard to even recognize where your own place is."

GERRY GLIEGE, SLAVE LAKE RESIDENT

levelled wasteland the fire left behind was tough.

"It looked like a nuclear bomb had hit it," said Gerry Gliège.

A total of five buses from three different evacuation centres made the trip to Slave Lake yesterday, and another 250 people will be allowed to make the trip today.

No one was allowed to get out of the bus during the tours.

THE CANADIAN PRESS



► Eleven-year-old Carlee Derkoch hugs her father in Athabasca yesterday, prior to him boarding a bus to tour their burnt-out neighbourhood in Slave Lake. The trip marked the first time, since evacuating over a week ago, that Slave Lake residents had an opportunity to see their devastated community.



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Tunnel decision coming today

The airport tunnel will either take flight or be permanently grounded today, as 5 p.m. will signal the end of the negotiations between the City of Calgary and the airport authority.

After a special meeting Friday, council made one final offer to the authority, suggesting it will build necessary interchanges around the airport in stages.

"We're certainly hoping that this happens," said Rofina Groebmair, co-chair of the airport access committee, a group that's been advocating for the tunnel for two years. "It's just critical that the airport authority does the right thing for the residents and the businesses."

As he collected his bags at the airport, Calgarian Roger Murray said he agrees the tunnel is necessary.

"I think it's probably a good idea," he said. "It just gives alternatives rather than that one access point from Deerfoot (Trail)."

Michael Welch, on the other hand, said he wouldn't be disappointed if the deal flopped.

"I'd rather see the \$300 million spent on other improvements in the northeast."

Council members anticipate city manager Owen Tobert will have a response to the offer by the end of today.

● KATIE TURNER



► Gratitude Café's Kristi Reich says her menu offerings are healthy, regardless of whether they are certified by the national Health Check program.

Health Check fees freeze out eateries

► Independent restaurants seek other options for validating nutritional offerings ► Health minister pledged Alberta's support for national program



JEREMY NOLAÏS
@METRONEWS.CA

Independent Calgary restaurants hoping to certify their healthy menu options through a national program say the associated costs take too big a bite out of their earnings.

Health Check, launched by Canada's Heart and Stroke Foundation in 1999, aims to help grocery store and restaurant customers make healthy decisions by

checking foods against strict nutritional criteria.

While large-scale restaurant chains like Boston Pizza and Extreme Pita have already signed on to the program, smaller Calgary establishments like the Moroccan-themed Casbah Restaurant are left to educate customers on their own, said manager Rani Drissi.

"The per-item cost, that adds up quite a bit," she said. "Financially we just couldn't do it."

Kristi Reich, owner of Kensington's Gratitude Café, deemed Health Check's costs "ridiculous." "That's too bad that programs like that aren't affordable," she added.

Health Check national director Terry Dean said the program started out targeting larger chains in hopes of influencing the greatest number of people possible.

"We are hoping that as our program does evolve, we are able to come up with some options that are

Health Check facts

- Health Check costs establishments a minimum annual licensing fee of \$1,350 and a one-time fee of up to \$700 per menu item.
- In March, Health Check announced two Alberta-based operators had joined the program, the Seniors Association of Greater Edmonton and Husky House.

more applicable to single operators," he added.

1

news


Health experts offer ways to break the habit of unhealthy late-night snacking. Scan the code for the story.

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NORTHERN ALBERTA

Chopper crash leads to injuries

Three people have been injured, two of them seriously, in two helicopter crashes in Alberta and Quebec.

In northern Alberta, a pilot was injured when a transport helicopter crashed north of Calling Lake yesterday morning.

Capt. Al Baldry at the Joint Rescue Communica-

tions Centre at Canadian Forces Base Trenton says the helicopter was not involved in battling wildfires.

The other helicopter crashed about 2 p.m. on Monday north of Montreal. Ann Mathieu, a spokeswoman for Quebec provincial police, says two people were critically injured in the crash and have been taken to hospital.

Mathieu says she doesn't know whether other people were inside the helicopter.

THE CANADIAN PRESS

Body found on Sunday

Police have ruled out foul play after a man's body was found near Talisman Centre early Sunday.

Emergency services were called to the scene at 2225 Macleod Trail South around 9:30 a.m.

● METRO

Woman arrested after stabbing

Two men were taken to hospital and a woman was arrested following two unrelated stabbings early Sunday, police said.

● METRO

A quiet long weekend

KATIE TURNER/METRO



► Steve Robson and his nearly two-year-old daughter Eleanor unload the trailer after spending the May long weekend camping at Gull Lake.

► Campers didn't make too much noise with alcohol ban in place ► Fire ban announced before long weekend



KATIE TURNER
@METRONEWS.CA

Rainy weather and fire and alcohol bans are being credited for a relatively quiet long weekend throughout the province.

RCMP spokesperson Patrick Webb said the official stats have yet to be tallied, but reports from throughout Alberta indicated campers were fairly tame.

"The weekend has been relatively quiet. Certainly the weather had a large part to play in that," said Webb. "We did have some instances of people lighting fires, we had some people with alcohol in parks with alcohol bans but relatively speaking,

they were very low numbers and we got pretty good co-operation out of people."

Calgarian Steve Robson decided to head to Gull Lake with his family for their inaugural trip in their new trailer and said despite the bans, campers were out in full force.

Robson said the campground was full but added, "It was very quiet where we were."

With no booze and no campfires, Robson said they spent their evenings playing cards with friends in the trailer, but the weekend was still enjoyable.

"It was good," he said "It's what people do on the long weekend."

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News in brief



Deerfoot faces slowdown

ROAD NARROWING. Rain delayed construction work on Deerfoot Trail yesterday, but traffic snarls are likely looming for users of the busy roadway. Alberta Transportation is planning to narrow Deerfoot to two lanes this week as crews upgrade the concrete deck of the Ogden Road bridge near Peigan Trail. The construction is expected to last until early August.

● METRO

Officer injured by vandalism

CRUISER SMASHED. A police officer was hospitalized yesterday after someone smashed in the window of his cruiser. The incident occurred at 17th Avenue and 4th Street SW. Shards of glass were lodged in the officer's eye. His partner attempted to chase the suspect down, without success. Anyone with information is asked to contact police.

● METRO

Man's death a murder: Police

CRIME. Medicine Hat police have classified the death of a 48-year-old as a homicide. The body of Casey Donovan Armstrong was found Sunday at 2248 Southview Dr. SE in Medicine Hat. It is the first recorded murder in that area this year. ● METRO

Café rebuilding stalls

- ▶ One month since taxi drove into storefront
- ▶ Washrooms the only area not damaged, owner says

JEREMY NOLAÏS
@METRONEWS.CA

The day after a wayward cab plowed into his café in late April, an optimistic Jim Wou said he hoped to reopen within a month.

Unfortunately, a lengthy insurance process and the extreme damage caused to Tastebuds & Co. Café have delayed things by as much as two months.

"All the time that we have been closed, our customers are going somewhere else," Wou said yesterday.

"My focus is on getting the store open as soon as possible, and it's hard when there are so many people involved."

No one was inside the



METRO FILE PHOTO

▶ Jim Wou is anxious to reopen his business after a taxi barrelled through it last month.

café when a Black Top Taxi drove through it on April 23. The company has not commented on what caused the driver to lose control, but police have suggested the person was suffering from med-

ical distress.

Much of the insurance evaluation and construction preparations are out of the way, and Wou said crews have begun the difficult task of rebuilding.

Despite his tough luck,

Bitter taste

- ▶ Tastebuds & Co. Café, located at 845-5th Ave. SW, opened about seven years ago.
- ▶ Jim Wou helped design the store and runs it with family and staff.
- ▶ Damages from the crash total about \$100,000, Wou said.
- ▶ Only about 150 square feet of the 1,400-square-foot establishment were untouched.
- ▶ No one was injured in the incident on April 23, but several pedestrians were forced to scramble out the cab's path, police said.

Wou said he remains optimistic and plans to take the opportunity to make some design changes.

"As long we are moving forward, that's all I can expect. That's my frame of mind."

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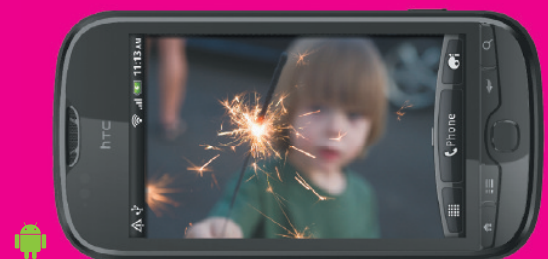
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Calgarian competes against Canseco

► Calgary Vipers will play their first home game on Thursday at 6:30 p.m. ► Home game will be played against rivals, the Edmonton Capitals



KATIE TURNER

CALGARY@METRONEWS.CA

When Aaron Dunsmore takes the field with the Calgary Vipers today, it will be his first game as a professional baseball player. One of his opponents, however, is slightly more seasoned.

"I'm excited," said Dunsmore, 22, during a phone interview from Arizona. "It will be cool to get into the season and get the first few games rolling, but it's really cool to know that my first game playing professional, I'll be playing against Jose Canseco."

The Vipers recently picked up Dunsmore, who

NAL

- The North American League will officially launch today.
- Teams from throughout North America and Western Canada are included in the newly formed league.
- Canseco's twin brother Ozzie will be serving as hitting and bench coach for the Scorpions.
- The Vipers will play against the Yuma Scorpions again on June 28 in Calgary.

grew up in Calgary, after he attended their spring training camp.

"We just finished our fi-

nal camp (Sunday) and the final roster was set," said Dunsmore, one of 23 to make the list.

The adjustment period between university and professional baseball will be brief however, as the Vipers' first game of the season is against baseball icon Canseco's Yuma Scorpions. Canseco joined the team in April as a manager and player.

Despite Canseco's status, Dunsmore said he's looking forward to competing against him.

"I've been playing baseball a long time so it's just another day, another game. But it will be cool just to see Jose," he said.

Donations. Inked



► Vince Wishart, left, focuses on a tattoo for Roland Stubbart yesterday.

JEREMY NOLAN/METRO

Raising funds to fight cancer

A dedicated team at Tiki Town and Tribal Expression Tattoo Parlour worked through the weekend to fundraise in support of the Enbridge Ride to Conquer Cancer. Attendees donated a minimum of \$75 to the cause in exchange for a tattoo of their choice. The group was on pace to raise roughly \$18,000.

Scooter crash takes boy's life

RCMP say a boy was killed Sunday evening after crashing his scooter on an acreage west of Calgary.

The incident happened around 7 p.m. on a rural property in Priddis. Police said the boy was not wearing a helmet at the time.

RCMP said the boy's family was visiting a house in the area.

"The parents were inside the house and no adults were aware the youth was driving the motor scooter," RCMP said in a release.

The boy is from Redwood Meadows, a town west of Calgary. His name is not being released at the family's request. ● METRO

12

RCMP said the boy killed in the scooter crash was 12 years old.



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News in brief



Obama toasts Irish roots

U.S. President Barack Obama visited the Irish town of Moneygall yesterday where his great-great-grandfather lived before moving to the United States in 1850. Obama's Irish roots were discovered during the 2008 presidential campaign.

THE ASSOCIATED PRESS

EU urges Mideast talks

The EU will push other world powers this week

for a resumption of Mideast talks since U.S. President Barack Obama called for a peace treaty between Israel and the Palestinians based on the 1967 borders. A joint statement from EU ministers says that it is a "matter of urgency."

THE ASSOCIATED PRESS

Book tells all about Palin



A former member of Sarah Palin's inner circle, Frank Bailey, has written a scathing tell-all of the former vice-presidential candidate. Blind Allegiance to Sarah Palin: A Memoir of Our Tumultuous Years is based upon emails kept during Bailey's time with Palin. The Alaska attorney general's office is investigating the use of the emails.

THE ASSOCIATED PRESS

Rapture in October?

- Preacher sought refuge in motel after prediction failed to occur
- Crestfallen followers turn their attention to more earthly concerns

California preacher Harold Camping said yesterday his prophecy that the world would end was off by five months because Judgment Day actually will come on Oct. 21.

Camping, who predicted that 200-million Christians would be taken to heaven Saturday before the Earth was destroyed, said he felt terrible when his doomsday prediction did not come true. His independent ministry, Family Radio International, spent millions — some of it from donations made by followers — on more than 5,000 billboards and 20 RVs plastered with the Judgment Day message.

But Camping said that he's now realized the apocalypse will come five



► Becky Friedman stands outside a Rapture party on Saturday in Tacoma, Wash.

months after May 21, the original date he predicted. He had earlier said Oct. 21 was when the globe would be consumed by a fireball.

It's not the first time the independent Christian radio host has been forced to explain when his prediction didn't come to pass.

He also predicted the apocalypse would come in 1994, but said it didn't happen then because of a mathematical error.

Camping made a special statement before the press at the Oakland headquarters of the media empire that has broadcast his message. His show, "Open Forum," has for months headlined his doomsday message via the group's radio stations, TV channels, satellite broadcasts and website.

Apocalyptic thinking has always been part of American religious life and popular culture. But the majority of Christians reject the idea that the exact date or time of Jesus's return can be predicted.

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U.S. twister toll may rise

► **Threat of more severe weather for Midwest** ► **Search-and-rescue efforts hindered by thunderstorm**

Rescue crews in Joplin, Mo., dug through piles of splintered houses and crushed cars yesterday in a search for victims of a tornado that blasted much of the Midwestern town off the map and slammed straight into its hospital.

At least 116 people died, making it America's deadliest single tornado in nearly 60 years and the second major tornado disaster in a month. An unknown number of people were hurt.

Authorities feared the toll could rise as the full scope of the destruction comes into view: House after house reduced to slabs,

Powerful storm

- Tornado was given an initial rating of EF4, the second-highest on the scale.
- It moved up to 318 km/h and was 1,800 metres wide at times.

cars crushed like soda cans, shaken residents roaming streets in search of missing family members. And the danger was by no means over. Fires from gas leaks burned across town, and more violent weather loomed, including the threat of hail, high winds and even more tornadoes.



► An emergency vehicle drives through a severely damaged neighbourhood in Joplin, Mo., yesterday.

The twister was one of 68 reported across seven Midwest states over the

weekend. One person was killed in Minneapolis and another in Kansas. Last

month, a pack of twisters roared across Southern states, killing more than

300 people, more than two-thirds of them in Alabama. **THE ASSOCIATED PRESS**

Volcanic ash cloud grounds some flights

A dense ash cloud from an Icelandic volcano blew toward Scotland, causing airlines to cancel flights yesterday, forcing U.S. President Barack Obama to shorten a visit to Ireland, and raising fears of a repeat of last year's huge travel disruptions in Eu-

rope that stranded millions of passengers.

Britain's Civil Aviation Authority said it appears that ash from the Grimsvotn volcano could reach Scottish airspace early today and affect other parts of the U.K. and Ireland later in the week.

British Airways suspended all its flights for this morning between London and Scotland, while Dutch carrier KLM and Easyjet cancelled flights to and from Scotland and northern England at the same time.

Still, authorities say

they don't expect the kind of massive grounding of flights that followed last year's eruption of the Eyjafjallajökull volcano in Iceland.

The cloud is currently not expected to move over continental Europe.

THE ASSOCIATED PRESS



► Farmers Thormar Eller and Henny Brund go to check their livestock as an ash cloud is seen in the background.

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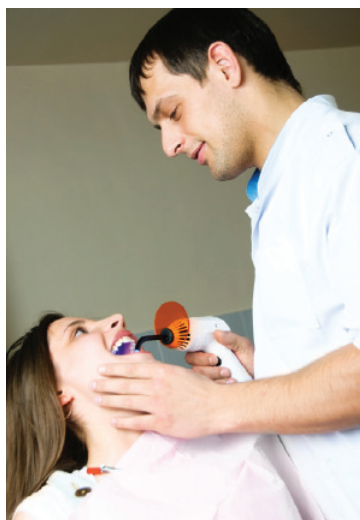
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Canadian choppers sent to Haiti plagued with problems: Report

ADRIAN WYLD/THE CANADIAN PRESS



► Canadian Forces medical staff take their gear off a Griffon Search and Rescue helicopter as they arrive in Jacmel, Haiti in 2010.

Canadian aircraft sent to Haiti to help in the aftermath of last year's devastating earthquake suffered mechanical problems that left some sitting idle for days as they awaited replacement parts, according to military reports.

Six Griffon helicopters and one Sea King went to the Caribbean country within 48 hours of the Jan. 12, 2010, disaster to help ship humanitarian aid into communities that were extensively damaged by the 7.3-magnitude quake.

But situation reports covering the two-month mission show that at times, up to three of the six Griffons were unserviceable because

of breakdowns, a lack of parts and inspections.

The documents say that the inability to get replacement parts was one of the greatest challenges in Haiti, as flights delivering military hardware into the country weren't adequately prioritized.

"Current operational status of rotary wing aviation assets is 60 per cent and is a direct result of the absence of required aviation components in theatre," reads the report from Feb. 13, 2010, obtained by The Canadian Press.

Another report said the Griffons' supply and movements system "for deployed operations is broken and

needs to be fixed."

One of the Griffons was deemed not able to fly because of problems with an oil sensor, ejector system and hydraulic line. All of those parts had been stripped off the helicopter to service other aircraft in need of parts.

The documents show during the Operation Hestia mission, which started Jan. 19 and ended in March, aircraft crew faced mechanical issues almost daily.

In a few cases, helicopters were temporarily unable to fly because of broken cowlings, which are external aircraft coverings over engines, hydraulics.

THE CANADIAN PRESS

► Montrealer Gilles Pilote drags an inflatable raft filled with sandbags down a flooded street, to a friend's home in Saint-Paul-de-l'Île-aux-Noix, Que., Sunday to help her reinforce her flood barriers against an expected rise in water along the Richelieu River.



Flood could pull farmers' biz under

► Affected farmers hoping for compensation from government ► One quarter of Man. cattle affected

Arnthor Jonasson looks over his pasture where his cattle normally graze.

But instead of munching cows, there is a bird diving into several feet of water to catch a minnow and a goose paddling nearby. Jonasson has almost 1,300 hectares of ranchland on the shores of Lake Manitoba. Near 810 are under water and could be for months to come.

"A lot of people who have been hanging on by their fingernails for the last 10 years and this might be what's going to take them out," Jonasson said.

The lake is the dumping ground for flood water

"It's taking a human toll on all the guys around the lake."

ARNTHOR JONASSON, FARMER

across southwestern Manitoba and the region is seeing what officials call a "one-in-300-year" flood.

Lake Manitoba also gets water from the Portage Diversion, a channel that diverts water away from the city of Winnipeg. And while water levels are dropping across the province now, the lake isn't expected to crest until June and is expected to remain high for the rest of the year.

That's left many in the region feeling they — and their livelihood — are being sacrificed so others can remain dry.

People are hoping for compensation but that requires them to put faith in the very officials they blame for their current predicament.

Government officials say they haven't artificially flooded Lake Manitoba.

Emergency Measures Minister Steve Ashton said the province has been using whatever tools it can to lower the level of water in Lake Manitoba. But this is an historic flood, he said.

THE CANADIAN PRESS






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PETER MCCABE/THE CANADIAN PRESS

Alta. Tory candidates offer diverse choice

Alberta may break the colour barrier, the age barrier or the glass ceiling when the Progressive Conservatives elect a new leader and premier this fall.

Voters have elected 13 premiers since Alberta became a province in 1905. They've come from the Liberals, United Farmers, Social Credit and Progressive Conservatives. They've been urban and rural, from north and south. But they have also all been white and male.

That could change when Premier Ed Stelmach steps down in late September or early October.

Six candidates have declared their intention so far to run for his job, including four sitting members of the legislature: former finance

minister Ted Morton, former deputy premier Doug Horner, former justice minister Alison Redford and backbencher Doug Grif-fiths.

The fifth is one-time leadership candidate and cabinet minister Rick Orman, who hasn't been in politics for almost 20 years. He finished third to Ralph Klein in the 1992 leadership race and left the legislature the following year.

Gary Mar, a one-time cabinet minister who recently resigned as Alberta's representative in Washington, D.C., is also seeking the top job.

"The party is really at a crossroads and everybody knows that the survival of the party is at stake," said David Taras, a political sci-

entist at Calgary's Mount Royal University.

"The person who positions themselves as the 'change' candidate is likely to do the best in the race ... Lots of Albertans have very diverse backgrounds. We are multicultural. We're very global."

Mar would be Alberta's first premier of Asian descent, Alison Redford would be the first woman to lead the province and Doug Grif-fiths, at 38, would become one of the youngest premiers in Canadian history.

Naheed Nenshi, who became Canada's first Muslim mayor when he was elected in Calgary last fall, believes race and gender have nothing to do with getting elected in the province.

THE CANADIAN PRESS



GRAHAM HUGHES/THE CANADIAN PRESS

► Nicole Mallette and Andre Tougas stand in their yard immersed in flood waters in the town of St-Anne-de-Sabrevois, Que., Saturday.

Residents face evacuation as floods hit historic levels

Water levels in the Richelieu River have returned to an historic high and officials in Quebec are warning it could force even more residents from their homes.

The river level has been steadily climbing since Sunday and it's expected to rise another 20 centimetres within 24 hours.

High winds have been pushing water northward from Lake Champlain and creating big waves that could cause more damage in the communities along the river.

Quebec Premier Jean Charest, who returned to the region yesterday, says the number of soldiers helping with the relief effort will double to about 500 in the next few hours.

The Richelieu hit its highest level in more than a century on May 6.

More than 3,000 homes have been flooded and 1,000 evacuated since the water began to rise more than a month ago. THE CANADIAN PRESS

Recount confirms Tory elected

A judicial recount has confirmed the election of the Conservative Ted Opitz in the Toronto-area riding of Etobicoke Centre.

Elections Canada says the final tally shows that Opitz defeated Liberal incumbent Borys Wrzesnewskyj by 26 votes.

Opitz received 21,644 votes on May 2 to Wrzesnewskyj's 21,618.

THE CANADIAN PRESS

Officer dead in Quebec condo incident

Quebec Provincial Police have confirmed two members of the force were involved in a deadly incident early Sunday morning in a condo on Montreal's south shore.

The local police force investigating the incident says it appears a 45-year-old policeman shot a female officer in the foot, then turned the gun on himself. THE CANADIAN PRESS

'We want a country'

Several hundred people marched through the streets of Montreal yesterday afternoon to support Quebec independence and mark the province's holiday.

The march is held annually for Quebec's National Patriots' Day, which is celebrated instead of Victoria Day.

Marchers waved Quebec flags and chanted "We want a country" as they weaved through the streets. THE CANADIAN PRESS

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Treating teen sex offenders



JESSICA SMITH
@METRONNEWS.CA

An expert in the treatment of sexual disorders says sex crimes involving adolescent offenders are coming to the courts more often – but the prospects for rehabilitating the young teens is high.

Dr. Paul Fedoroff said although he couldn't comment specifically on the case of a 14-year-old boy who is accused of luring an eight-year-old girl and an 11-year-old girl into Ottawa woods, in cases where sex offenders are teenagers, "they have a very good prognosis once they've been apprehended."

"Activities at that age may not persist and most sex offenders who are adolescents never re-offend," he said.

When teens are treated, experts are often addressing the other problems in their life, he said, such as drug or alcohol abuse. For the experts dealing with the Ottawa case, the age of

Teen luring case

Working off tips from the public, police arrested a 14-year-old boy who allegedly tried to lure young girls into woods near an Ottawa housing project.

Police say in one case, the boy allegedly drew an 11-year-old girl away from Bellevue Manor Park and sexually assaulted her.

The suspect cannot be named due to provisions of the Youth Criminal Justice Act.

the victims might not be the main "red flag," he said.

"I think that most experts when looking at this case would be concerned most by the luring part – regardless of the age difference – or the possibility that there was an attempt to engage in non-consensual activity, that is the main red flag," he said.

U.K. gag order fails

A British injunction banning publication of an alleged affair between soccer star Ryan Giggs and a reality TV star has proven futile. An onslaught of media and Twitter coverage mocks Giggs for the gag order he initially requested.

THE ASSOCIATED PRESS

Webcam spy case starts

A 19-year-old New Jersey man accused of using a webcam to spy on his roommate's same-sex encounter pleaded not guilty yesterday. Dharun Ravi faces 15 charges. His former roommate killed himself.

THE ASSOCIATED PRESS

Harper will meet, but he won't tweet

► Politicians, including former Liberal leader Michael Ignatieff and NDP Leader Jack Layton, used Twitter to spar with one another in last election

JACQUES BRINON/THE ASSOCIATED PRESS



► Oxfam international activists pose as U.S. President Barack Obama, left, and France's President Nicolas Sarkozy, wearing giant caricature masks at a poker table in a gambling club in Paris yesterday.

Prime Minister Stephen Harper will follow seven other world leaders to the French seaside this week for the G8 summit.

But he doesn't follow them on Twitter.

Seven of the eight G8 leaders have a presence on the microblogging site, either through accounts in their name, that of their office or a spokesman, or in some cases all three.

Italian Prime Minister Silvio Berlusconi is absent from the site.

Harper doesn't follow any of the accounts for the British, Japanese or French prime ministers or the German chancellor, according to analysis performed using the website doesfollow.com.

Nor does he follow U.S. President Barack Obama.

Of those, the only leaders who follow Harper's

"If security is a concern, sites like WikiLeaks prove the hush-hush world of diplomatic relations is over."

MATTHIAS LUFKENS, ASSOCIATED DIRECTOR FOR MEDIA AT THE WORLD ECONOMIC FORUM IN DAVOS

Twitter account are British Prime Minister David Cameron and Russian President Dmitry Medvedev. The Russian president is also the only leader Harper follows.

The way world leaders handle social media is out-of-sync with the protocol-laden world of diplomatic relations, suggests Matthias Lufkens, associate director for media at the World Economic Forum. THE ASSOCIATED PRESS

SEBASTIAN SCHEINER/THE ASSOCIATED PRESS



► Benjamin Netanyahu

Twitter politics explored

Very clear signals are sent by who follows who online, says one media expert.

He points to the fact that Palestinian Prime Minister Salam Fayyad follows Israeli Prime Minister Benjamin Netanyahu, but

the relationship is not reciprocated.

"That says a lot about the relationship between these two men," said Matthias Lufkens, the associate director for media at the World Economic Forum in Davos.

Twitter also sends a signal about how leaders view themselves, he suggested.

A look at the account for the British Monarchy is a good example. They don't follow anyone.

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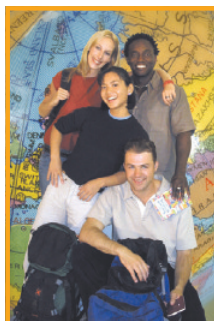
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A parting shot

A Russian Soyuz space capsule backed away from the International Space Station yesterday, setting the stage for an unprecedented close-

up photo shoot of the combined space station and shuttle Endeavour. Three of the six space station residents are heading home after a five-month mission.

THE ASSOCIATED PRESS



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High-level U.S. diplomat meets with Libyan rebel leaders

► Rebels have been helped by NATO bombing ► Gadhafi still has a grip on country's west, including Tripoli

The highest-ranking U.S. diplomat in the Middle East was in the de facto rebel capital in eastern Libya in a show of support yesterday while in Europe, France and Britain pledged to deploy attack helicopters to help the rebel cause.

A State Department statement called the visit by Jeffrey Feltman, assistant secretary of state for Near Eastern Affairs, "another signal of the U.S.'s support" for the rebels' National Transitional Council, which it called "a legitimate and

credible interlocutor for the Libyan people."

Several countries, including France and Italy, have recognized the NTC, while the United States, Britain and others have established a diplomatic presence in Benghazi.

Libya's rebels have scrambled to organize their fighters and create a political leadership since the outbreak in mid-February of the uprising that seeks to oust Moammar Gadhafi, in power for more than four decades. THE ASSOCIATED PRESS

Romance. Reigns.



► Bhutan's 31-year-old Oxford-educated monarch, Jigme Khesar Namgyel Wangchuck, left, poses with his fiancée, 20-year-old Jetsun Pema, a student at London's Regent's College, in Thimphu, Bhutan.

ROYAL OFFICE FOR MEDIA, KARMA NIDUP/THE ASSOCIATED PRESS

A royal engagement

"As king, it is now time to marry," Bhutan monarch Jigme Khesar Namgyel Wangchuck said Friday at the end of an address to Bhutan's parliament in the capital, Thimphu, that was also attended by members of the royal family and elected representatives.

open house

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▶ Marc Benioff, chief executive of Salesforce.com, attends a press conference to announce a shared initiative with Toyota called Toyota Friend, a private social network for owners of the car brand that works similar to Twitter.

Toyota gets networking

▶ Car company hopes social networking plan will inspire customers to give feedback about how cars are working ▶ Is investing \$5.5 million

Toyota is setting up a social networking service with the help of a U.S. Internet company and Microsoft so drivers can interact with their cars in a way that's similar to posting on Facebook or Twitter.

Japanese automaker Toyota Motor Corp. and Salesforce.com announced their alliance yesterday to launch Toyota Friend, a private social network for Toyota owners.

In a demonstration at a Tokyo showroom, an owner of a plug-in Prius hybrid found out through a cell-

phone message from his Prius that he should recharge his car overnight.

When the owner plugged in his car to recharge it, the car replied, "The charge will be completed by 2:15 a.m. Is that OK? See you tomorrow."

Since many next-generation cars need to be recharged, drivers may need real-time information, such as the battery level of their cars and locations of charging stations, more than regular gas-engine cars.

The exchanges can be kept private or be shared

"I hope cars can become friends with their users, and customers will see Toyota as a friend."

PRESIDENT AKIO TOYODA

with other Toyota Friend users, as well as made public on Facebook, Twitter and other services.

If your car is up for an inspection, for example, the owner will be notified through Toyota Friend, which will in turn automatically link to a dealer

to set up an appointment.

The companies did not give details of how the technology, such as the content of the talking car's dialogues, will be managed. But officials said the answers will be automated through sensors in the car.

Many cars are already equipped with network capabilities that can function as a mobile device. Toyota's service will start in Japan in 2012, and will be offered later worldwide, initially with electric vehicles and plug-in hybrids, according to Toyota.

THE ASSOCIATED PRESS

News in brief

Toyota needs to listen: Panel

SERVICE. An independent panel set up to review Toyota Motor Corp.'s safety and quality issues says the company doesn't do a good job of incorporating customer feedback into its car designs.

The panel says Toyota should appoint executives who are responsible for safety and should give more power to regional executives outside Japan. **THE ASSOCIATED PRESS**

Shares drop for Ryanair

AIRLINE. Ryanair shares are falling after the leading budget airline announced it would ground 80 aircrafts this winter and reduce passenger traffic for the first time in its history.

The Dublin-based airline said weak winter demand meant it would cost less to ground the jets — more than a quarter of its fleet — than to operate them at a loss from October to March. The airline carries four per cent fewer passengers than in the previous winter.

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Market moment

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			Gold \$1,508.90 US (+ \$16.50 US)

Greece's borrowing rates hit new record

Greece's borrowing costs surged to another record yesterday, as the crisis-hit country's prime minister chaired emergency talks to deepen austerity measures beyond his own government's term in office.

A cabinet meeting began as yields rose above 17 per cent for Greek 10-year bonds, hitting a new record margin — or spread — over the benchmark German rate.

Greece suffered another bond downgrade late Friday from the Fitch ratings agency, lowering its investment ranking by three notches deeper into junk status. Prime Minister George Papandreou conceded over the weekend that plans to return to bond markets next year may not be achievable.

The European Union wants cross-party support in Greece for a new 2011-2015 austerity program. Papandreou is to meet opposition leaders today in

\$32.8B The EU wants cross-party support in Greece for a new austerity program, worth at least \$32.8 billion.

an effort to seek consensus.

His government is also finalizing additional austerity measures for 2011 worth \$8.5 billion, or double the original amount planned, to correct this year's disappointing fiscal performance — in fresh cuts expected to sweep away tax exemptions and possibly slap additional taxes on wealthy home owners.

The government is also to consider layoffs in the traditionally well-protected civil service, which could spark protests.

The economy is being kept afloat by \$156.6 billion in a 2010-2013 package of rescue loans from European countries and the International Monetary Fund.

THE ASSOCIATED PRESS

Frozen. Assets



▶ Women walk past pictures of Syrian President Bashar Assad in Damascus, Syria, yesterday. The EU imposed sanctions on Bashar Assad because of his government's continuing crackdown on anti-government protesters.

Syrian leader faces power freeze

More than 900 people have reportedly been killed since the government's crackdown on protesters. The 27-nation EU instituted an assets freeze and visa ban on Syrian President Bashar Assad and nine other members of his regime.

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Bosnia.....13.9 ¢/min	Italy.....1.9 ¢/min	Sri Lanka.....9.9 ¢/min
China.....1.9 ¢/min	Lebanon.....7.9 ¢/min	Trinidad.....4.9 ¢/min
Colombia.....from 3.9 ¢/min	Mexico.....from 1.9 ¢/min	U.A.E.....14.9 ¢/min
Cuba.....89.9 ¢/min	Pakistan.....5.9 ¢/min	U.K.....2.9 ¢/min
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IF AT FIRST YOU DON'T SUCCEED ...

SHE SAYS ...

JESSICA NAPIER
METRO



Before you go any further I should warn you, this is not an inspiring column about chasing your dreams and doing what you love. This is about expectations management and some realistic advice on how to get a job (any job).

Every May, a fresh crop of university graduates emerges from the cosy bubble of undergraduate life, ready to face the rejection-letter reality of the working world. Don't worry, we've all been there.

"What have I done with my life ... why did I ever get an arts degree?"

But don't fret new grads, you won't be broke forever. Eventually, you will get over your quarter-life crisis, get off the couch and you will find a job. It might not be right away, but employment will happen, just as long as you don't do any of the following:

Be lazy: Spelling and grammatical errors on your resumé are inexcusable; as are limp-wristed handshakes. Never underestimate how far a firm grasp and a properly placed semicolon will take you.

Make demands: Asking an employer to postpone your start date until after your birthday, indicating that you will need to bring your German shepherd into the office every Friday or any other outlandish requests will not be tolerated in today's cutthroat job market.

Be obnoxious: A hard and fast way to never get hired is to indirectly insult the person doing the hiring.

A friend of mine, a manager at a retail store, recently interviewed a new grad for a sales position. This is what transpired:

Question: "Where do you see yourself in five years?"
Answer: "Well, I'll be 26 by then (gasp — the horror!) so I'll probably have my life figured out — you know, have a real job."

My friend was unimpressed. And by the way, I don't know any 26-year-olds who have their lives "all figured out." In fact, most of the people I know younger than 40 are still trying to get it together.

Be a social media saboteur: Avoid tweeting excessively about failed interviews, bad-mouthing former employers or any other spiteful online commentary that would make you a human resources nightmare.

Feel entitled: Just because this isn't your dream job doesn't mean you are too good for it. If you are a desperate 20-something living in your parents' basement looking to pay off some student loans, then be prepared to settle.

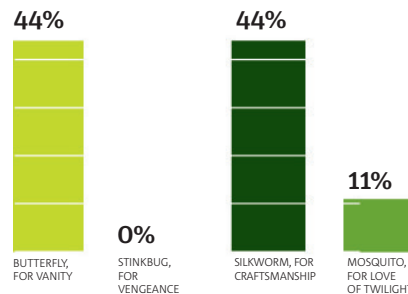
And if all of your hard efforts don't pay off, just remember, there's always grad school.

Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

If you had to be one of these four bugs, which would you be?



Worth mentioning

CAIRO, Egypt. A Saudi woman was arrested for a second time for driving her car in what women's activists said yesterday was a move by the rulers of the ultraconservative kingdom to suppress an Internet campaign encouraging women to defy a ban on female driving.

Manal al-Sherif and a group of other women started a Facebook page called "Teach me how to drive so I can protect myself," urging authorities to lift the ban, and posted a video clip last week of al-Sherif behind the wheel in the eastern city of Khobar.

The page was removed after more than 12,000 people indicated their support for its call for women drivers to take to the streets June 17 in a mass drive.

Al-Sherif, a 32-year-old IT expert, was arrested at dawn yesterday and accused of "violating public order," according to a security official who spoke on condition of anonymity because he was not authorized to speak to the media. She was ordered held for five days while the case was investigated. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

No problem catching this tiger by the tail

Police scrambled helicopters and ordered tranquilizers to hunt what they feared was an escaped wild animal in southern England — but found the tiger was just a toy.

Hampshire police say they responded after several residents called in to say they had seen a white tiger in a field near a golf course in Hedge End, near the English coastal city of Southampton.



► The toy tiger.

A tongue-in-cheek recorded message posted to the force's media line said that after "a brief stalk through the Hedge End savannah ... it became obvious that the tiger was a stuffed, life-sized toy."

A second message posted yesterday emphasized police had a duty to take such sightings seriously. As for the renegade tiger? "It's being treated as lost property." **THE ASSOCIATED PRESS**



► It's another wild morning-after for the gang in *The Hangover Part II*, opening Thursday.

The wolf pack is back

► Bradley Cooper, Zach Galifianakis and Ed Helms return, this time in Bangkok. With a monkey.



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METRO WORLD NEWS IN HOLLYWOOD

After the life-threatening escapades of the first *Hangover* film, you'd think the "wolf pack" — played by Bradley Cooper, Ed Helms and Zach Galifianakis — would learn to take it easy when celebrating before a wedding.

But *The Hangover Part II* finds the three in a familiar predicament — though in a very unfamiliar location.

In Thailand for Helms' character's wedding (at a plush island resort), the three wake up in a run-down Bangkok hotel room with no memory of the night before — and once again missing a member of

their party. But the exotic location isn't the only thing different about the sequel.

"This movie is more about the dynamic of the three guys, and you really get to know them," Cooper says. "For me, watching the first one, it could almost be boiled down to one joke. The whole movie's a setup and the punch line is the credits. When you get to the end of this movie, I'm excited to see the credits, but that's not what I've been thinking about the whole movie."

Revisiting the characters meant getting to show different sides of them, something Galifianakis was thrilled about.

"I think we all wanted to see us turning against

each other a bit, which was fun to watch. It kind of calls for it," he says. "I think that was something kind of new that we explored."

Of course, what was most exciting for the co-stars was heading to the other side of the world to film.

"I just fell in love with Bangkok. We spent two weeks in a resort town, and I couldn't wait to get back to Bangkok," Cooper says, and Galifianakis agrees.

"The jet-lag was a little bit tough, but once you got there and you got settled in, the people are so brilliantly nice that you feel welcome. It's a great society, it really is," he says.

Settling in to Bangkok, Cooper found himself es-

chewing the local cuisine. "I actually took a liking to Top Menu, which was a Chinese restaurant that I ate a lot at in Bangkok," he says, though Helms is quick to dismiss his co-star's culinary choices.

"It really is just like any Chinese takeout place in New York City," Helms says.

Of course, that attitude — and an appetite for more authentic cuisine — may have been responsible for some major discomfort. The *Office* star suffered while on location.

"I had a very serious hurdle to get past the first week, which was severe food poisoning," Helms says.

"It never fully went away, and maybe I should just leave the rest up to

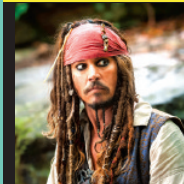
your imagination. Let's just say my body exploded."

While the guys don't wake up with a tiger in their bathroom like in the first film, the animal kingdom is well represented by Crystal, a monkey in a denim Rolling Stones vest with a nasty smoking habit. "Crystal turned out to be kind of this miracle monkey. She's incredible, she can do anything," Cooper says.

"The only downside to Crystal is she has very long claws, and you don't want to get Crystal around an elephant," he warns. "There was one scene where we were walking down the street and there was an elephant, and she kind of destroyed my shoulder."



Box office

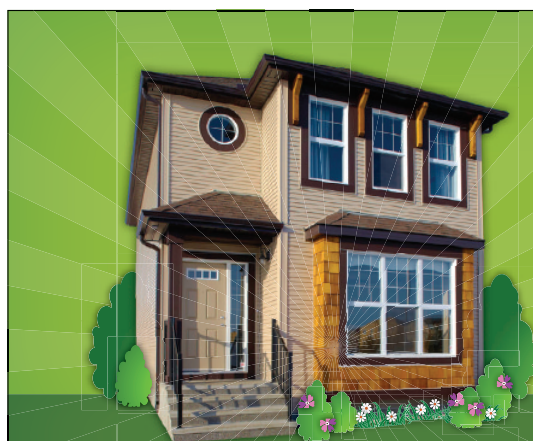


The reengineered *Pirates of the Caribbean* sequel *On Stranger Tides* found its smoothest sailing overseas, where it took in a record \$256.3 million at the international box office, according to studio estimates yesterday.

THE ASSOCIATED PRESS



After marriage to ex-Beatle, N.Y. transit board member Nancy Shevell will be Lady McCartney



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Hiccups goes Hollywood for Season 2 premiere

► Series features Brent Butt as the life coach of real-life wife Nancy Robertson, a volatile children's writer ► Second season kicks off May 30



IAN JOHNSTON
SCENE@METRONWS.CA

Despite having starred in two hit comedies, Brent Butt is still uncomfortable calling himself an actor.

"I look at myself as an entertainer who does some acting," says Brent, who is back for season two of *Hiccups*, which he created and stars in with wife Nancy Robertson.

"And I've gotten much better as an actor. But I act within a certain

emotional range. If I had to hold a dying child in my arms and scream to the gods — I'm not sure I could pull that off."

In *Hiccups*, Brent plays the easygoing life coach Stan Dirko — who is given the unenviable task of keeping the loud, volatile children's writer Millie Upton (Robertson) out of trouble.

"She's very likable because she's like a wide-eyed child," explains Butt. "But in that sense, she also has fits like a child. It'd be too tiring if she



► Brent Butt

was just a jerk. She's more a jerk full of wonder."

In May 30's season opener, Millie and

Stan take a trip to Hollywood to finalize a movie deal. But it all ends as expected when Millie finds herself in an "incident" outside Grauman's legendary Chinese Theatre.

"We wanted to start the season with a bang. And it turned out to be a fun episode. Maybe too much fun. We ended up shooting way too much in Hollywood."

Butt says he learned a lot during the first season of *Hiccups*.

"You've got to remember we had already written half the episodes before we even hired the cast," he says. "You learn lots just by doing it. You learn the rhythm of the show and the voice of the characters and you start to write to that. Comedy is all about rhythm. Well, mostly ..."

Sounds like Butt has put a lot of thought into the nature of being funny. Has he ever considered lecturing on comedy?

"I've been asked but generally decline. Comedy kind of refuses to be analyzed. It stops existing once you get scientific about it."

The second season of *Hiccups* premieres May 30 at 8 p.m. (ET) on CTV.



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Ready for prime time

◆ As MTV Movie Awards host and budding movie star, centre stage beckons for Jason Sudeikis ◆ Saturday Night Live veteran got his start in improv

As several cameras and a large film crew hover around him, Jason Sudeikis is enjoying the attention.

"Think about how long this lighting would take if I didn't have perfect bone structure," he says, smiling. "Show off God's work."

Sudeikis is shooting promotions for the MTV Movie Awards, which he'll host June 5. As he lists the attendees, he riffs effortlessly ("Blake Lively ... nice guy?") and ponders the Scrabble points in "Shia LaBeouf."

The awards will introduce Sudeikis to millions of viewers just as he's making his largest splash on the big screen. He stars in the upcoming summer comedy *A Good Old Fashioned Orgy*, out in September, and plays a supporting role in the star-filled *Horrible Bosses*, out in July.

For the veteran Saturday Night Live cast member, centre stage is a relatively new vantage point. Hosting the MTV Movie Awards (the last two hosts were Andy Samberg and Aziz Ansari) has been a kind of platform for rising comedians on the cusp. "A platform either to dive beautifully off of or to fall completely off of, but a platform



▶ Jason Sudeikis

nevertheless," says the 35-year-old Sudeikis.

Though born in Virginia, Sudeikis was raised in Kansas City, Kan., and has a Midwestern aw-shucks candour. But he often uses a cheery facade for arrogant or oblivious characters. Whether playing U.S. Vice President Joe Biden or the devil, Sudeikis is usually grinning broadly.

"I always liked smart asses," he says. "I probably wanted to be Axel Foley from age nine until 38. In three years, I'll probably stop wanting to be Axel Foley. I like people that laugh, smart asses that also laugh, that don't take any of it too seriously. Love *Ace Ventura*. Love *Groucho Marx*. Love *Bugs Bunny*."

Sudeikis didn't sincerely pursue comedy until

he came to the famed Chicago improv troupe Second City in 1997. His family had some familiarity with showbiz: Sudeikis' uncle is George Wendt (*Cheers*). Wendt's success, Sudeikis says, pacified his parents in accepting entertainment as a career. At Second City, he "dove in completely" to improv and helped develop a Las Vegas offshoot. There, he became enamoured of the Blue Man Group and even auditioned once (unsuccessfully).

He was hired first as a writer on SNL, which he did for two years, getting a handful of sketches on the air. Though Sudeikis yearned to be a performer, he learned the SNL system and relished the writing process. "I really enjoyed the rewrite table. That was my

favourite thing to do," says Sudeikis. "When Tina Fey likes one of your jokes and puts it into the script, you can't help but feel like, 'Maybe I am somehow doing the right thing, the right job.'"

Sudeikis became a cast member in 2006 as part of one of the show's best classes: Kristin Wiig, Bill Hader and Andy Samberg. Sudeikis and Wiig often wrote together and one of their late-night, gum-chewing sessions led to an early recurring hit: "Two A-Holes." In it, the two played an absurdly self-absorbed couple.

Sudeikis says this SNL season, which concluded this past weekend, has been one of creeping nostalgia, as he, Wiig, Hader, Samberg realize their time together is waning. "We all sort of realize that you're not going to do this forever," says Sudeikis, who expects to return next season.

But they all have other projects now, too. For Sudeikis, most notably, there's *A Good Old Fashioned Orgy*, an R-rated comedy in which a group of friends decide to have an orgy. It's a generational kind of film with characters in their late 20s and early 30s — stuck between the free-love '60s and the sexting '00s — insisting on their own chance for sexual inhibition.

THE ASSOCIATED PRESS



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— Richard Crouse, CTV

A bloody good time

► Diva Zappa talks about the joys of getting messy on film



In *Do Not Disturb*, five directors offer five different takes on what goes on behind the privacy tag of a very busy hotel room, with a quiet and curious maid, played by Diva Zappa, as the constant element throughout.

Your character is the constant element through all the sections of the film. How was that?

That was a surprise. It just kind of happened while we were on set. They just kept putting me in, saying, "Go walk in — and say something, if you want to." I really didn't know what I was in for, and every day was a surprise. Every day was a new adventure because new crews were brought in every day.

Is there a section of the film



► Diva Zappa stars in *Do Not Disturb*, a film by five different directors.

that you're most fond of?

Yes. I hate to say it, but yes. All of the directors are amazing, and each of them gave me an experience I've cherished, but I had the most fun in Jon Mann-Krieger's piece because that was when I first got to be sprayed with blood.

You did look pretty cool covered in blood.

I know, how weird is that? I'm in another movie where I got covered in blood, and the pictures of me in blood — I'm, like, stunning. It's very strange.

Very, very weird. I love it. It's really fun to get dirty, and I don't get to get dirty that often.

It's one of my favourite things, if it's in a safe situation and I know I can go take a shower — which actually I didn't really do on that set, because on the first day of blood it got clogged and there was a problem. When lunch would be called, I couldn't move my hands to eat, so we had to put gloves on me. But it was pretty interesting and fun.

**DVD Releases this week Buy it 5 stars | Rent it 4 stars
Borrow it 3 stars | Yawn 2 stars | Don't bother 1 star**

Gnomes work their charm

Gnomeo & Juliet

Genre: Comedy/Adventure

Director: Kelly Asbury

Stars: James McAvoy, Emily Blunt and Maggie Smith

What do you get when you start with the world's most famous play, update it with a baseball team's worth of writers taking inspiration from *Shrek* and *Toy Story*, spice the resulting masala with music by Elton John (classics and new tunes) and Lady Gaga, add a laundry list of well-known voice actors then have the whole concoction processed at the Disney animation factory?

You get *Gnomeo and Juliet*, that's what. The garden gnome version of Shakespeare's romantic tragedy that somehow works better than it has



any right to. The painted ceramic version of the oft-told story is set in motion when spunky Juliet (Emily Blunt), wearing a crimson cap, meets and falls in love with Gnomeo (James McAvoy), a blue-hatted garden ornament.

The two live in adjacent houses in a brightly rendered English suburb. But the route to love is not to be a smooth walk down the garden path for these two. The obstacle? When the lawn-lost lovers meet

they are both wearing disguises, so are unaware their romance is forbidden. They don't realize they belong to feuding families whose antipathy extends to their respective garden gnomes.

While this G-rated Disney offering is unlikely to be remembered as the apotheosis of the animation art form, at a blessed 84 minutes, *Gnomeo & Juliet* gets the job done right for the short set. **PETER HOWELL**

I Am Number Four

Genre: Sci-Fi/Thriller

Director: D.J. Caruso

Stars: Alex Pettyfer, Timothy Olyphant and Dianna Agron

In *I Am Number Four*, John Smith (the very pretty Alex Pettyfer, a former model) is the new kid on the block in a small Ohio town called Paradise, where he lives with his guardian, Henri (Timothy Olyphant).

John may have a common name, but he's no common guy. He's actually Number Four, and he's not from this planet at all.

As anyone aged from



12 to 20 on planet Earth — and their beleaguered parents — will tell you, it ain't easy being a teen. Imagine how hard it is to be an angsty alien teen, who's also developing superpowers. But a first love with Sarah (Dianna

Agron, who plays cheerleader Quinn on TV's *Glee*) helps John with his life on Earth. And Agron, along with Australian actress Teresa Palmer, who plays Number Six, keep the pretty quotient going.

I Am Number Four may have enough going for it to get its target teens to fire up the DVD player and sit down for a bit.

But when they realize they're being pandered to with a limp script, they might just get up to make some popcorn and forget to wander back.

PETER HOWELL

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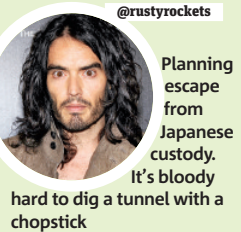
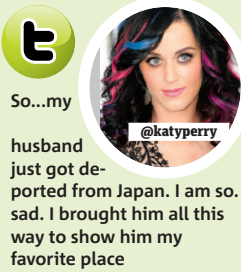
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Celebrity tweets



Shriver could be in for a big payout

► Couple have not filed for divorce yet

If Maria Shriver decides to divorce Arnold Schwarzenegger after revelations of his fathering a child with a former household employee triggered the couple's separation, it could prove to be one of the costliest settlements in recent history, trumping even Tiger Wood's \$110 million payout, according

to Page Six. Given the former California governor's estimated worth, Shriver could walk away with more than \$200 million, despite a prenup sources believe the couple signed. Neither Shriver nor Schwarzenegger have filed for divorce yet.

● METRO



► Arnold Schwarzenegger and Maria Shriver

Cole told to break up with Dancing boyfriend

Before breaking into U.S. television, X Factor judge Cheryl Cole is reportedly receiving some very personal demands from her bosses. Fox executives want Cole to ditch her boyfriend of one year, Dancing with the Stars hooper Derek Hough, according to the Mirror. "Show producers have told her that being single would do wonders for her image. And there would be no shortage of guys in L.A. lining up to go on a date with Cheryl," a source says. "Derek may be dreaming of worldwide stardom, but he's seen as a small-time dancer on a TV show ... and pretty uncool. TV executives are thinking that if she's going to win over Hollywood, she'd be better off doing it as a sassy and single girl-about-town."

● METRO



► Cheryl Cole

Beatrice's odd hat fetches big money



Princess Beatrice

Princess Beatrice's infamous tan, octopus-like hat worn at Prince William's wedding last month has been sold on EBay for more than \$130,000, according to E! Online.

Proceeds from the auction will benefit UNICEF U.K. and Children in Crisis through Princess Beatrice's Little Bee Initiative campaign. "I've been amazed by the amount of attention

the hat has attracted," Beatrice wrote on the hat's auction page. "I hope whoever wins the auction has as much fun with the hat as I have."

● METRO

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No purchase necessary. Contest starts May 24, 2011 at 12:01 a.m. EST and ends June 7, 2011 at 11:59 p.m. EST. Official contest rules/regulations available at clubmetro.com. Open to residents of Canada, excluding the province of Quebec, who have reached the age of majority at the time of entry. Must correctly answer, unaided, a mathematical skill testing question to be declared a winner. Winner subject to verification by the Contest Sponsor. There is 1 Grand Prize and 10 Secondary Prizes to be won. Approximate retail value of Grand Prize is \$1,949.99 and each Secondary Prize is \$49.99. The odds of winning a prize depends on the total number of eligible entries received during the Contest Period.

3
life

Aspirin makeover



Bayer is looking for a speedy remedy for stagnant aspirin sales. The company, whose name is synonymous with the pain reliever, introduced a reformulated aspirin yesterday that works in half the time of its regular aspirin. Expanding its demographic is key to budging Bayer's 14.6 per cent market share.

THE ASSOCIATED PRESS



Europe OKs Pfizer, Bristol-Myers blood thinner for hip, knee replacement patients. Scan code for story.

Knee pain got you down?



ISTOCK IMAGES

Simple exercises can strengthen hips and help heal knee injuries

CELIA MILNE
LIFE@METRONEWS.CA

Great news for runners and would-be runners: Easy and inexpensive hip exercises have proven to prevent knee injuries and keep you on the road.

"I like the simplicity of it," says Reed Ferber, director of the Running Injury Clinic and an associate professor in the faculty of kinesiology at the University of Calgary. "There

have been lots of gimmicks with shoes and orthotics. This is a piece of \$8 surgical tubing. Doing two simple exercises can have such a positive impact on runners."

Ferber believes that hundreds of thousands of Canadians could benefit from these exercises. "Four million people are engaged in formal running programs. Triple that for running recreationally."

Scientific studies show that 50 per cent of runners get injured every year. About 80 per cent of those are from the knee down and half are at the knee.

"Let's say all Canadians who run did these two exercises, even if we were able to reduce injuries by 10 per cent, that's 400,000 runners."

Even in those with mild to moderate knee osteoarthritis, these hip-strengthening exercises can reduce pain in the knee.

Using gait analysis technology, Ferber and colleagues found that doing the hip exercises (strengthening the hip abductor and the hip gluteus medius muscles using an exercise band) for three weeks led to a 40 per cent increase in hip strength and close to a 50 per cent reduction in knee pain.

Their study was published in a recent issue of the Journal of Athletic Training.

For more, visit runninginjuryclinic.com.

How not to run

Running injuries are common. Research shows half of runners get injured every year. And 80 per cent of those injuries are from the knee down. Many of these are preventable by avoiding training errors. Here are some don'ts from Reed Ferber.

- ▶ **DON'T** increase your distance by more than 10 per cent a week.
- ▶ **DON'T** run faster than you are ready for just to keep up with another runner.
- ▶ **DON'T** all of a sudden go outside and run 5 km if you've been running 5 km on a treadmill for several months.
- ▶ **DON'T** run 8 km if you are only supposed to run 5 km.
- ▶ **DON'T** run if you are injured. Seek help from a sports medicine professional.

▶ Research found that doing hip exercises with an exercise band for three weeks led to a 50 per cent reduction in knee pain.

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Vegans in vogue

► We used to think of vegans as skinny, pale-faced hippies that would rather eat soil than food with flavour
► But a plant-based diet can be healthy and sexy



ROMINA MCGUINNESS
METRO WORLD NEWS

For years, the general line concerning vegans has been: "They look emaciated and live off cardboard. And they're annoying as hell at dinner parties."

The thinking now: "Vegans are slim, sexy and generally healthier than people that include animal produce in their diet. Even if they're still slightly annoying at dinner parties."

Being a vegan involves scrapping all animal produce from your diet — no meat, no eggs, no dairy and no honey.

For a long time, the word "vegan" used to send a chill down people's spine as they associated it with deprivation, tasteless meals, malnourishment and poor health.

Over the past two

decades the global praise of protein-heavy diets such as Atkins and Dukan has left people with little faith in the vegan way of life as most assume that by surviving off seeds, fruits, legumes, vegetables and soy, vegans lack in essential nutrients necessary for maintaining good health.

Lie, say vegan chefs. It's actually much better for your health.

Kathy Freston, author of the book *Veganist*, says she can prove it. A vegan for seven years, Freston made the transition from a typical southern girl raised on fried chicken to a dairy-loving vegetarian to, finally, veganist.

"Within weeks of going vegan my energy levels soared and my skin cleared," she says.

Being on a vegan diet dramatically lowers cholesterol levels (the sole source of this being animal produce) and blood sugar levels, and increases natural metabolic rate.

Although humans are omnivores, our bodies thrive on a plant-based diet that over time promotes lower rates of heart disease and obesity.

"A plant-based diet has a high thermal effect as calories are burnt as heat, for

"Within weeks of going vegan, my energy levels soared and my skin cleared."

KATHY FRESTON, VEGANIST

up to three hours after your meal calories are burnt at a rate 16 per cent higher than a regular diet," says Freston.



CHARLES BUSH

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Cheating tip

► **Creamy cashew:** Take a handful of cashews and soak them in one inch of water overnight. The next day, blend them and what you get is a thick rich cream that can be used as a base for soups and sauces.

Cheese-free mac 'n' cheese

Vegan chef Chloe Coscarelli shares her recipe for cheeseless mac 'n' cheese. It gets its yellow colour from nutritional yeast and is loaded with B vitamins. For more, see chefchloe.com.

Preparation:

1 Cook pasta.

2 In a saucepan whisk the margarine and flour over medium heat for 3-5 minutes. Add milk, yeast, tomato paste and garlic powder and bring to boil, whisking frequently. Reduce heat to low and let

Ingredients:

- 1 pound pasta
- 1/4 cup soy-free margarine
- 1/3 cup flour
- 3 cups non-dairy milk
- 1 cup nutritional yeast
- 2 tablespoons tomato paste
- 2 teaspoons sea salt
- 1 teaspoon garlic powder
- 1 tablespoon lemon juice
- 1 cup broccoli florets (steamed)

simmer until it thickens. Adjust seasoning to taste and stir in lemon juice. Toss noodles with the sauce and broccoli.



4 portions
Prep time:
5 min.
Cooking:
15 min.

► It gets its colour from yeast, not cheese.

Don't go without

The four food groups to include in a vegan diet:

- 1** Protein: One of the biggest misconceptions of a vegan diet is lack of protein. Move away from animal protein and go for nuts, seeds, tofu, beans, legumes, chickpeas and seitan.
- 2** Complex carbohydrates: Go for sweet potato, brown rice, quinoa, barley and yam.
- 3** Vegetables: Try broccoli, chard, kale and spinach.
- 4** Fruit: Try apples, raspberries, bananas, grapes, mango and pineapple.

3 VEGAN PHONE APPS



VEG OUT

► When a friend says, "Let's check out this steakhouse," open this app to find a vegetarian option nearby. It's got a huge database.

VEGANXPRESS

► This useful app tells you which entrees are vegan at popular chain restaurants.

HAPPY COW

► Another restaurant guide, this is the definitive resource for meat-free restaurants.

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Kathy Freston

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Try it out

Freston admits that going vegan is a challenge that requires effort and willpower. "We have an emotional bond with food so it's about changing (or sacrificing) life-long habits. Go at your own momentum. For example, if you love your coffee with cream, switch to a soy-based creamer, almond or rice milk."

Yoga pose. Shoulder stand/Sarvangasana

BODYISM YOGA

What you do:

- 1 Lie on the floor on your back with your arms at your side, palms down.
- 2 Bring your legs up at a right angle to your torso.
- 3 Lift your pelvis, torso and tush off the floor.
- 4 Bend your elbows and support your back with your hands

- 5 Lift your legs and hips upward, moving your hands towards your shoulder blades.
- 6 Steady your spine when you have reached a position where your legs and torso are at a right angle to the floor.

- 7 To come out of the pose, move your legs towards your head. Slowly roll your spine back down.

STEPHANIE KNUTSSON,
BODYISM YOGA INSTRUCTOR



Bringing Glee to yoga

► Hot yoga teacher empowers students, puts musical twist on classes ► First album will be released in July

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► Blunderfield mixes rock 'n roll and musical theatre with yoga poses.



► Will Blunderfield

It's a glistening 40 C in the yoga studio where three rows of students sitting cross-legged on mats wait patiently, hands at heart in prayer.

"Let's begin by singing three times the bonjo-vi chant," says the instructor, "followed by Om."

We prepare with a deep, cleansing breath.

"Whoah, we're halfway there," he belts out, surprising newcomers to the drop-in class. "Whoah-oh! Livin' on a prayer."

If Sanskrit swapped for a popular rock anthem is any indication, this is no typical yoga class. Sporting eyeliner, black nail polish and a wicked grin, Will

Blunderfield dubs it "Glee Yoga," a nod to the hit TV series.

One thousand students cram into the 25-year-old's self-styled classes at five studios across the Vancouver area each week to participate in the ancient practice with Blunderfield's musical theatre twist. He teaches all the traditional poses in his hot hatha yoga classes, but they're exuberantly spiked with Tony Robbins-like motivational affirmations and set to a sensational score.

He jokingly describes himself as Richard Simmons' love child with Capt. Jack Sparrow.

"With who he is, you'd

think he'd be limited in who he would attract," says Lara Kozan, co-founder of Yyoga studios, which aims to make yoga more accessible.

"Whoever you wouldn't think would resonate with his class, he has those people resonating too. They might have their eyebrow up for the first half of the class, and then they're singing along for the rest."

It may be because of Blunderfield's message: "Follow your heart, love yourself, there's nothing wrong with you," he says in an interview.

Or perhaps it's his stellar voice, coupled with genuine delivery.

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Combine fruits & veggies for fresh take on stir-fry

Stir-fries are a fast dinner for people on the go and this one is no exception.

All of the Asian ingredients are available at most supermarkets.

Preparation:

1 In a small bowl, stir all of the sauce ingredients together, adding your desired amount of hot Chinese chili garlic sauce, until mixed and cornstarch has dissolved.

2 Thinly slice the chicken into bite-size strips. Snap tough ends from the asparagus, then slice it diagonally into pieces about 5 cm (2 inches) long. Slice the red pepper into large bite-size squares, cut plums into

wedges and thinly slice green onions.

3 Heat oil in a very large frying pan or wok over high heat. Add the chicken and stir-fry until golden-brown. Add ginger and garlic and stir-fry for 1 minute. Add asparagus and bell pepper and continue to stir-fry for a couple of minutes until just tender, adjusting heat as necessary.

4 Add sauce to stir-fry. Stir continuously until bubbly and thickened, about 1 minute. Then add fruit and green onions. Stir just until hot, about 2 more minutes.

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► This ginger chicken stir-fry uses fruit and vegetables.



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Ingredients:

Sauce

- 75 ml (1/3 cup) water
- 45 ml (3 tbsp) oyster sauce
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) dark sesame oil
- 5 to 10 ml (1 to 2 tsp) hot Chinese chili garlic sauce
- 10 ml (2 tsp) cornstarch

Stir-Fry

- 2 skinless boneless chicken breasts
- 250 g (1/2 lb) asparagus
- 1 sweet red or yellow bell pepper
- 2 plums or peaches
- 2 green onions
- 15 ml (1 tbsp) vegetable oil
- 30 ml (2 tbsp) finely minced ginger
- 2 garlic cloves, minced

Warm service meets authentic Persian eats

► Shiraz's menu includes kabobs, stews, vegetarian options and much more

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Social lunch: Yes
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Rating: 4 out of 5

ly even though there is no lunch-specific menu.

My friend and I started with kashk-e-bademjan, a roasted eggplant dip with kashk (whey), served hot with pita (\$6.99). It's very similar in style to baba ghanoush but the fermented whey adds a sour, nutty note.

We shared a chef's special platter for two. It included basmati rice, grilled tomato and onion, and three kinds of simply succulent kabobs (veal, chicken breast and ground beef) already taken off the skewer (\$34.99). The saffron chicken was juicy and pith perfect.

Shiraz also offers Persian stews, vegetarian dishes, individual platters and



► The chef's special includes three different kabobs.

children's plates.

For drinks, there is the authentic carbonated sour yogurt or Persian tea.

For dessert, we shared a cup of deceptively refreshing Persian ice with vermicelli noodles and

rosewater (faloudeh \$5.99). The dessert is not on the menu, but that's part of Shiraz's charm.

The staff leaves diners feeling special, accommodated and most importantly, satiated.

Blueberry Smoothie



Make this version of the smoothie for your children's breakfast or after-school snack. Frozen blueberries are available in your grocery store's freezer for this fast antioxidant-laden treat.

Preparation:

1 In a blender, combine milk, blueberries, yogurt and honey; puree until smooth.

2 Pour into glasses; serve immediately.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Ingredients:

- 500 ml (2 cups) milk
- 500 ml (2 cups) frozen blueberries
- 125 ml (1/2 cup) vanilla-flavoured yogurt
- 30 ml (2 tbsp) honey

POPPING THE QUESTION?

FUN AND FRUGAL

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Engagement rings can be pricey, but they are also an important symbol of

commitment in a relationship. Take your time selecting a ring that reflects your values and your budget.

Keep in mind that during lean times, many couples don't even buy an engagement ring, just their wedding band.

Determine your budget before you shop. Avoid massive amounts of debt for a ring and save up! Some diamond experts have recommended that you spend between two and three months' salary on a ring.

But, that's not the law. Do what's right for you.

Research the types of rings available and the costs associated with your combination of choices: metal (gold, platinum, silver, etc.), stone (diamond, sapphire, etc.), and setting. Research how the cut, clarity, colour and carat impacts the price.

Investigate the jeweller and get referrals from trusted friends or family members. For example, do you want a custom-made ring or one that is ready to go? See if the jeweller has an exchange or return policy just in case.

Bring a trusted ally who can help you wade through the thousands of choices. Consider shopping with your partner so you can make the decision together.

Plan ahead for the expense by saving in advance. Avoid store credit as the interest rates are hefty.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Keep self-employed headaches to a minimum by being organized and knowing the tax-filing rules.

The first half of the year is full of deadlines from RRSP contributions to taxes. And here's another one: the deadline for the self-employed to file a tax return is June 15.

This confuses many new self-employed individuals because you still must pay tax owing by the same date as everyone else — this year it was May 2nd. But you have an additional six weeks to get your return into the Canada Revenue Agency.

If you are thinking about

striking out on your own or you are a self-employed newbie, here are five common questions fielded by H&R Block about business taxes.

1. Do I need a business number? You don't need a number or even to be registered as a business. But you do need to fill out a T2125 Form, which details your business income and expenses as part of your personal return. Don't make the common mistake of listing self-employed income on line 104 (other income).

2. What about CPP premiums? If you earned more than \$3,500 you will have to pay.

3. Do I need to register for HST/GST? Those earning more than \$30,000 must register for a GST/HST number. But it is a good idea anyway because you can



claim input tax credits for the GST/HST you pay.

4. What happens if I declare a loss? Losses can be carried forward to future years to reduce the tax load when

Recession effect

During the 2008-2009 recession the number of self-employed in Canada jumped by 100,000 while the number of paid employees sank by 480,000.

your income is higher.

5. Do I need receipts? Oh you betcha! Keep everything related to your expenses in separate files for each category.

Don't forget that the expenses must be incurred in order to earn an income. If you are using your car for business, maintain a mileage log.

This can be a bit of a pain but after one base year of log keeping you can move to the new simplified method, which uses the base year percentages.

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FURTHER YOUR PASSION



Life insurance 101: Deciding on a plan

► Some Canadians don't consider life insurance when doing their finances
► But it's vital to think about any outstanding debts or expenses that would need to be paid if something unexpected were to happen to you

For some Canadians, understanding life insurance and knowing what coverage to get can be challenging so it's no surprise that many overlook reviewing their insurance needs when updating their financial plan or creating a plan for the first time.

"Life insurance is an essential part of any financial plan so it's important to review your life insurance requirements once a year to help protect you and your family in the event of a loss," says

Cathy Preston, vice-president, Life and Health, RBC Insurance.

"It should be updated regularly, particularly around major life events such as marriage or the birth of a child."

Here are some tips to help you along the way:

- Evaluate how much insurance coverage you need and why you need the protection.

Determine any outstanding debts or expenses

that would need to be paid if something unexpected were to happen.

- Understand your policy and ask for clarification from your insurance company. The policy is a legal document so be aware of what you're signing.

- Be honest when answering questions about your medical or family history to minimize the risk of a claim being delayed or denied.

NEWS CANADA

Insurance types

Life insurance is usually divided into two categories:

► **Term life insurance** — provides insurance for a specific period of time and is a good option for families that are just starting out.

► **Permanent life insurance** — includes whole life and universal life which provides insurance protection for the entire life of the insured person.

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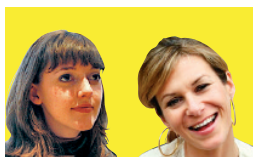
TRAVEL FOR TREATS

Dear Claire and Andrea, I travel a lot for work and have met great guys in some of the cities I've been to. Lately I've been dating two guys — each in a different city — but I can't seem to find anyone in my own town. What am I doing wrong? Am I destined to have to travel for my treats?

Claire: Dear Travel for Treats,

One of the great side effects of travel is the ability to shed the minutiae of our lives. There are no plumbers to call, no dry cleaning to pick up, no cat litter to scoop. We become a less stressed version of ourselves, less likely to walk down the street ignoring the world, in a cloud of

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONWS.CA

to-do lists.

Result? We're more open to the people we encounter. And once we do meet someone interesting, the mental checklist we usually subject a potential fling/mate/partner to is that much shorter.

At home, we're either too distracted to notice

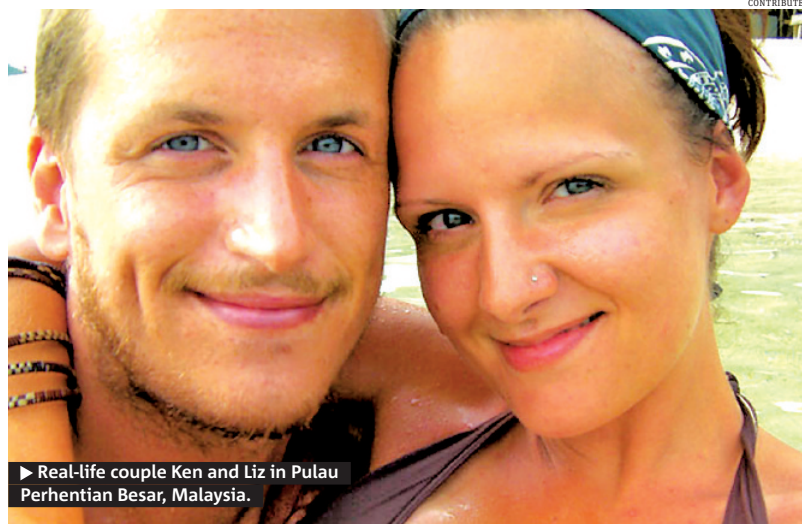
those who notice us, or once we meet them, we question whether they should be allowed into our world, and if so, in what capacity.

Spontaneity is exchanged for mind games, openness for caution.

Andrea: I envy your position because you don't have to deal with those really boring days, the fat days, the PMS days ... You only get the good stuff because time is short, and your partners try to make it count.

The downside is that it's probably warped your relationship standards, which makes it really hard for potential lovers in your hometown to please you after a while. Being in a long term relationship myself, I can say that you're missing out on some seriously hot stuff: sweet wake-up calls carressed with morning breath, romantic rendezvous in the frozen dinner aisle, elegant repartees over broken washing machines ... but also, a guaranteed hug when you're in a bad mood, having fun doing the mundane tasks, and you know you're going home with a hottie after that party. Even if you don't get five-star treatment all day every day, the little things really do add up.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.



► Real-life couple Ken and Liz in Pulau Perhentian Besar, Malaysia.

CONQUERING A MOUNTAIN AND A HEART

Names:
Ken, 30, and Liz, 30

Hometown:
Toronto

Together since:
2007

Their story:

I (Ken) always tell people that my wife, Liz, married me solely because I climbed Mount Fuji, an accusation she denies.

We met in 2007 when we were both teaching ESL at different schools in Busan, South Korea.

Our mutual friend Blake

(Cupid disguised as a co-worker) shot me with his love arrow and nudged me in Liz's direction. Over the course of a group trip to Japan, we discovered we shared an identical sense of humour, a love/hate relationship with sushi (I love it; she hates it) and a hunger for travel, which would later take us around Asia and a big chunk of Europe together.

Before I set off to climb — or conquer, as I like to say — Mount Fuji, Liz and I locked eyes in the Kyoto train station.

I couldn't tell whether her eyes were saying, "Come back because I like you," or "Wow, you're so brave!" I like to think it was both.

A mere 48 hours later, I returned, tired and wet, but triumphant!

We began dating soon after and married in Seoul, South Korea, in 2009 before moving to Toronto, where we still live today.

Liz often interrupts my Mount Fuji tale by informing listeners that 200,000-plus people (young and old) climb the volcano every year, so I always end my story by reminding them that out of all those hundreds of thousands courageous souls, she married me — making me both brave and lucky.

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Golf: Addiction is par for the course

► Looks like it's finally time to get out on the greens ► We've asked golf expert Brian Kendall — author of *Northern Links: Canada From Tee to Tee* — to help you get in the swing of things



Every spring, thousands of Canadians take up golf for the challenge, the health benefits and the opportunity to spend time in gorgeous scenery with friends.

These newcomers join the more than six million of us who already play the game, making Canada — despite our too-short playing season — one of the most avid golfing nations per capita in the world.

Golf is mystifying and frustrating, but also joyously addictive once the game has you firmly in its grip. A recent survey revealed that golfers feel they're healthier and happier than other people. In fact, they're so hooked on the game that 81 per cent say they would pass up sex with a movie star to shoot par.

With that ringing endorsement, let's get started. Canada's fairways are calling.



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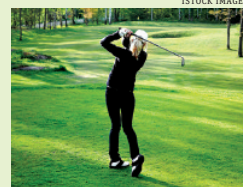
Let this be a lesson

Do yourself — and everyone you'll be playing with — a favour by taking at least a few lessons when getting started.

Lessons will save you months, if not years, of struggle by providing a firm grounding in the basics: grip, posture and swing mechanics.

Almost every course has a fully certified Canadian Professional Golfers' Association (CPGA) teaching pro on staff. Individual lessons generally cost between \$50 and \$100 an hour. Group lessons are often less expensive.

Ask golfing friends for recommendations. You're



ISTOCK IMAGES

looking for a pro with plenty of patience, enthusiasm and an ability to adapt to your needs.

Most important, be sure to diligently practice what you've learned. Golf quickly becomes more chore than pleasure for novices who don't experience steady improvement.

● BRIAN KENDALL

5 golf etiquette rules

► Simple tips to help you play like a pro

ISTOCK IMAGES

Though you may be a beginner, there's no reason why you can't comport yourself on the fairways like a seasoned professional. Here's how.

1 Avoid slow play. Always be ready to hit the ball when it's your turn. Limit yourself to one or two practice swings. Keep up with the group in front of you. And allow faster golfers to play through.

2 Silence is golden. Never talk when a partner is preparing to hit his or her ball. Never curse out loud after a bad shot. And turn off your damn cellphone!

3 Help maintain the course. Always fix ball marks on greens, rake bunkers and replace



divots. It's the responsibility of every golfer to leave the course in the same — or even better — shape than he or she found it.

4 Dress properly. Avoid short-shorts, T-shirts, blue jeans and halter tops. Also, for pity's sake, no golf caps turned backwards.

5 When you've dribbled one off the tee, or failed to get out of a bunker after two or three attempts, pick up your ball and move on. You're still too inexperienced to worry about posting a score. Anyway, there's always the next hole.

● BRIAN KENDALL

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4
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Quoted



"It is the Eastern Conference finals and it's coming down to will and determination. I want people to know I want it."

MIAMI POWER FORWARD CHRIS BOSH, WHO HAD 34 IN SUNDAY NIGHT'S GAME 3 WIN TO GIVE THE HEAT A 2-1 LEAD OVER THE CHICAGO BULLS IN THE NBA EASTERN CONFERENCE FINALS.

Road to the Cup a little steeper for Salo

► **'It's like climbing Mount Everest,' Canuck says of Achilles injury rehab**

There's been a lot of painful bumps and twists on the road Sami Salo has travelled.

When the season started, the Vancouver Canuck defenceman wasn't sure if he would ever play hockey again after rupturing his Achilles tendon last summer. Now Salo finds himself just one win away from playing in the Stanley Cup final for the first time in his 12-year NHL career.

"It's been a long journey, not just in a career way," Salo said yesterday after the Canucks practised at Rogers Arena. "I'm just excited to be part of this great group. All the blood and sweat you poured during the season has really paid off. It is a really good feeling."

The Canucks take a 3-1 series lead over the San Jose Sharks into Game 5 of the Western Conference final tonight (CBC, 7 p.m.). A win sends Vancouver to the Cup final for the first time in 17 years.

Salo's booming slapshot was a big part of the Canucks' 4-2 win over the Sharks on Sunday. He scored twice on the power play and added an assist. Vancouver scored three power-play goals in a 1:55 span in the second period, all on five-on-three situations.

They have pushed the Sharks to the brink, but Sa-

Painful past

Injuries have cost Sami Salo over 250 games during his career, but the most devastating came last summer when playing floor ball in his native Finland.

► Friends told Salo it sounded like a shotgun blast when his Achilles ruptured. All he knew is he was face-first on the floor.

► "It didn't hurt at all," he said. "It was just a weird feeling."

► It was a long, slow recovery for the 36-year-old. He missed training camp and the first 52 games of the season.

lo knows the final shove may be the hardest.

"You have to have the killer instinct to try and finish those guys off," he said.

"We have seen that if you're not going out there to win, if you are just sitting back, usually things are not going your way."

Logan Couture said the Sharks are focused on forcing a Game 6 Thursday.

"We're obviously not where we want to be. We'd rather be up 3-1," Couture said yesterday in San Jose. "The reality of the situation now is we're down. We're excited to go to Vancouver and try and win a game."

THE CANADIAN PRESS



► Vancouver's Sami Salo celebrates his second goal against San Jose in Game 4.

Djokovic continues to roll at Roland Garros

Novak Djokovic extended his perfect season into the French Open, beating Thiemo de Bakker 6-2, 6-1, 6-3 yesterday in the first round in Paris.

The second-seeded Serb improved his 2011 record to 38-0 — and stretched his

winning streak to 40 — on the second day of the tournament at Roland Garros. And he barely broke a sweat doing it, breaking his Dutch opponent six times.

Roger Federer joined Djokovic in the second round by beating Feliciano

Lopez of Spain. On the women's side, top-ranked Caroline Wozniacki eliminated Kimiko Date-Krumm 6-0, 6-2 and defending champion Francesca Schiavone beat Melanie Oudin of the United States 6-2, 6-0.

THE ASSOCIATED PRESS

Sports in brief

Noah hit with fine for slur

NBA. Chicago Bulls centre Joakim Noah was fined US\$50,000 yesterday for directing an anti-gay slur at a fan during Game 3 of the Eastern Conference finals Sunday. Noah apologized

and vowed to learn from the incident.

THE ASSOCIATED PRESS

Thornton a go for Game 5

NHL. San Jose coach Todd McLellan says captain Joe Thornton will play Game 5 of the Western Conference final for the Sharks despite leaving the previous game with an injury.

THE ASSOCIATED PRESS

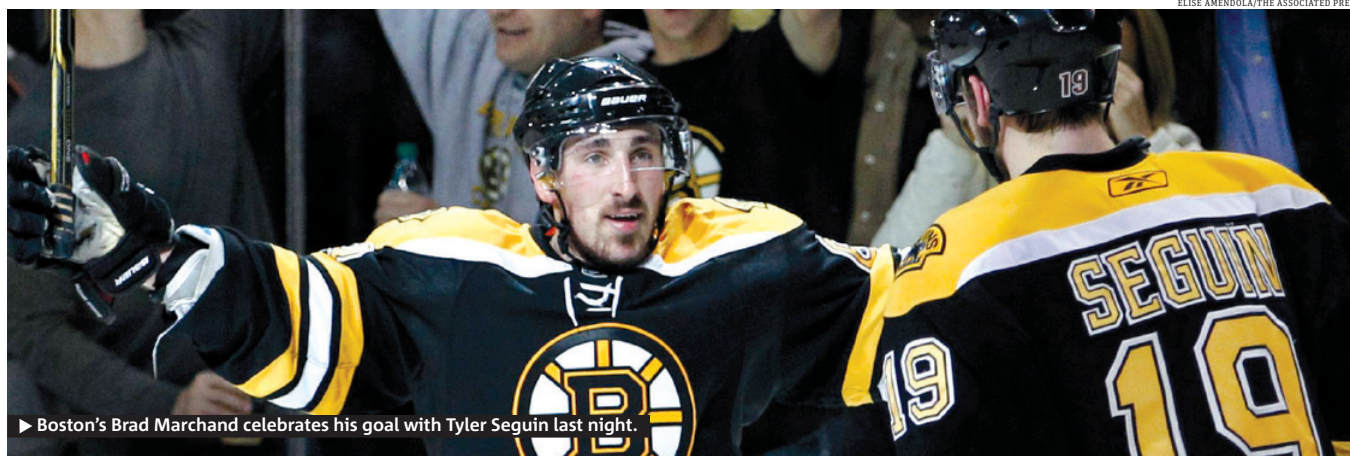
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► Boston's Brad Marchand celebrates his goal with Tyler Seguin last night.

Bruins one win away from finals

► Lightning start Smith instead of Roloson in pivotal Game 5 loss

Tim Thomas stopped 33 shots after allowing another early goal, and Brad Marchand scored the game-winner to lead Boston to a 3-1 victory over the Tampa Bay Lightning last night and put the Bruins one win away from the Stanley Cup finals.

The victory gave Boston a 3-2 lead in the best-of-seven Eastern Conference finals, with a chance to clinch tomorrow night in Tampa Bay. The Lightning would need to win Game 6 to force a seventh game in Boston on Friday.

Nathan Horton scored to tie it in the second period, 17 seconds after returning from the penalty box. Marchand scored with 4:04 left in the period to give Boston a 2-1 lead.

Boston managed just 19 shots on Mike Smith as he made his first career play-off start in place of Dwayne Roloson.

Tampa Bay finally managed to pull the goalie with 42 seconds left, but Rich Peverley scored an empty-netter with 12.1 seconds left to clinch it.

Thomas bounced back after allowing four straight goals in Game 4 and may have saved the season when he stopped

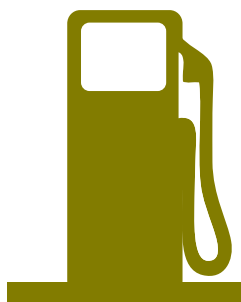


Steve Downie with about 11 minutes left, reaching out to put his stick in front of the open net and protect a 2-1 lead. The crowd cheered each time it was shown from a different angle on the scoreboard.

Two nights after Tampa Bay rallied with five straight goals to overcome a 3-0 deficit and win Game 4, Boston shrugged off Simon Gagne's goal just 69 seconds in and staged a comeback of its own.

Gagne, who scored the winner in Game 4, converted a 2-on-1 with Steven Stamkos to beat defenceman Johnny Boychuk and put the puck past Thomas. Horton tied it on a one-timer from Milan Lucic 4:24 into the second period — just Boston's seventh shot.

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INTERVIEW

Mets owner disses players

Jose Reyes isn't worth all the money he wants. Carlos Beltran is no longer a top-tier player. David Wright isn't a superstar. Those aren't merely the opinions of some disgruntled New York Mets fan. Those thoughts come straight from the owner of the team.

Fred Wilpon had sharp words for the all-stars and his teetering team in a newly released profile in The New Yorker. He made the comments during the Mets' 4-3 loss to Houston

on April 20.

"Lousy clubs, that's what happens," Wilpon said after the Mets missed an early chance to score, then gave up some runs. "We're snake-bitten, baby."

Reyes can become a free agent at the end of the season. There has been speculation the shortstop wants a contract similar to the \$142-million US, seven-year deal Carl Crawford signed in the off-season. "He's a racehorse," Wilpon said of the often-injured speedster.

"He thinks he's going to get Carl Crawford money," he said. "He's had everything wrong with him. He won't get it."

Beltran is finishing up a \$119-million, seven-year contract the outfielder signed with the Mets after

his monster 2004 post-season for Houston, when he hit eight homers and scored 21 runs in 12 play-off games.

"We had some schmuck in New York who paid him based on that one series," Wilpon said, referring to himself. "He's 65 to 70 per cent of what he was."

As for Wright, Wilpon said the third baseman is "a really good kid. A very good player."

"Not a superstar," Wilpon said.

In a statement released by his agent, Wright said: "Fred is a good man and is obviously going through some difficult times. There is nothing more productive that I can say at this time."

The Mets are 22-24 and were off yesterday.

THE ASSOCIATED PRESS

Utley returns to Phillies, bats second

Chase Utley stepped into the carpeted batter's box to take a few swings and the television cameras shined brightly.

This was no ordinary round of batting practice.

Utley was back in the lineup and hitting second for the Philadelphia Phillies after the five-time all-star second baseman missed the first 46 games with a knee injury.

"You guys obviously know I enjoy playing and it's both disappointing and frustrating being on the sidelines and not being able to help," Utley said before last night's game against Cincinnati.

His return couldn't come soon enough for the four-time defending NL East champions. The first-place Phillies are struggling offensively and certainly can use a boost from Utley. Though he is coming off a down season — .275 average with 16 homers and 65 RBIs in 115 games last year — Utley is one of the top hitters in Philadelphia's lineup.

"It's pretty frustrating not to be able to go out and help your team win," Utley said. "But I'm proud of my teammates. They've done an outstanding job these first two months. The pitching staff has been outstanding. I know there's been a lot of negative talk recently on how our offence has been struggling, but that's why we play for six months. It's an up and down game. As long as you stay positive with the other guys, you'll get through that."

Utley spent a few weeks rehabbing his knee in Florida and feels comfortable with the progress in his recovery. He doesn't expect to have surgery after the season, but he might be more willing to take a day off occasionally. Manager Charlie Manuel may not give him a choice.

"Charlie and I will talk on a daily basis and see where we're at every single day, but I definitely want to be out there," Utley said. "I think I know my body better than anybody else."

THE ASSOCIATED PRESS

NHL

PLAYOFFS

All Times Eastern

CONFERENCE FINALS

(Best-of-7 series)

EASTERN CONFERENCE

BOSTON (3) vs. TAMPA BAY (5)
(Boston leads series 3-2)

Last night's result

Boston 3 Tampa Bay 1

Tomorrow's game

Boston at Tampa Bay, 8 p.m.

Friday's game

x-Tampa Bay at Boston, 8 p.m.

WESTERN CONFERENCE

VANCOUVER (1) vs. SAN JOSE (2)
(Vancouver leads series 1-1)

Tonight's game

San Jose at Vancouver, 9 p.m.

Thursday's game

x-Vancouver at San Jose, 9 p.m.

Saturday's game

x-San Jose at Vancouver, 8 p.m.

x — played only if necessary.

BRUINS 3, LIGHTNING 1

First Period

1. Tampa Bay, Gagne 5 (Stamkos) 1:09
Penalties — Lecavalier TB (tripping) 5:13,
Seguin Bos (tripping) 6:45, Ferecne Bos
(cross-checking) 12:17, Horton Bos (interfer-
ence) 19:09.

Second Period

2. Boston, Horton 7 (Lucic, Krejci) 4:24
3. Boston, Marchand 6 (P.Bergeron, Chara)
15:56

Penalties — Horton Bos (interference) 2:07,
Malone TB (interference), Marchand Bos (un-
sportsmanlike conduct) 6:42, Ohlund TB
(hooking) 7:05, Brewer TB (hooking) 11:40.

Third Period

4. Boston, Peverley 2 (Kelly) 19:47 (en)

Penalty — Downie TB (boarding) 10:54.

Shots on goal by

Tampa Bay	14	9	11	34
Boston	4	8	8	20

Goal — Tampa Bay: M.Smith (L,1-1-0);

Boston: Thomas (W,11-5-0).

Power plays (goals-chances) — Tampa Bay: 0-4;
Boston: 0-4.

Referees — Brad Watson, Dan O'Rourke.

Linesmen — Steve Miller, Pierre Racicot.

Att. — 17,565 (17,565) at Boston.

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	2	17	19
St. Louis, TB	8	9	17
Kesler, Vcr	6	11	17
Lecavalier, TB	6	11	17
J.Thornton, SJ	3	14	17
D.Sedin, Vcr	8	7	15
Clowe, SJ	6	9	15
Datsyuk, Det	4	11	15
Purcell, TB	4	11	15
Boyle, SJ	3	12	15
Couture, SJ	7	7	14
P.Bergeron, Bos	4	10	14
Ward, Nash	7	6	13
Horton, Bos	6	7	13
Krejci, Bos	7	5	12
Marleau, SJ	7	5	12
Burrows, Vcr	6	6	12
Downie, TB	2	10	12
Giroux, Pha	1	11	12
Bergenheim, TB	9	2	11
Marchand, Bos	5	6	11

Not including last night's game

HOCKEY

MEMORIAL CUP

At Mississauga, Ont.

All Times Eastern

ROUND ROBIN

Last night's result

Saint John 3 Owen Sound 2 (OT)

Tonight's game

Kootenay vs. Saint John, 7 p.m.

Tomorrow's game

Mississauga vs. Owen Sound, 7 p.m.

End of Round Robin

ACTIVITY

MLB

AMERICAN LEAGUE

TEXAS RANGERS—Activated OF Josh Hamil-
ton and OF Nelson Cruz from the 15-day DL.
Recalled RHP Yoshinori Tateyama from Round
Rock (PCL). Optioned INF Chris Davis, RHP
Cody Eppley and C Taylor Teagarden to Round
Rock.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Reinstated 3B
Melvin Mora from the bereavement list. De-
signed INF Josh Wilson for assignment.
CINCINNATI REDS—Optioned RHP Edinson
Volquez and RHP Jordan Smith to Louisville
(IL). Called up INF Todd Frazier and LHP Matt
Maloney from Louisville.

MILWAUKEE BREWERS—Claimed LHP Daniel
Ray Herrera off waivers from Cincinnati.
ST. LOUIS CARDINALS—Placed C Gerald Laird
on the 15-day DL. Activated 2B Skip Schumak-
er from the 15-day DL. Recalled C Tony Cruz
from Memphis (PCL). Optioned RHP Mitchell
Boggs to Memphis. Announced Rule 5 draft
RHP Brian Broderick was returned by Wash-
ington and assigned to Memphis.

WASHINGTON NATIONALS—Placed 1B Adam
LaRoche on the 15-day DL.

NBA

LEAGUE OFFICE—Fined Chicago F Joakim
Noah \$50,000 for using a derogatory and of-
fensive term from the bench during the May
22 game at Miami.

PORTLAND TRAIL BLAZERS—Fired general
manager Rich Cho. Named director of college
scouting Chad Buchanan acting general man-
ager.

CYCLING

GIRO D'ITALIA

At Val Di Fassa, Italy.

Stage 15

Overall Standings

(After 15th of 21 stages)

1. Alberto Contador, Spain, Saxo Bank, 62
hours, 14 minutes, 42 seconds; 2. Michele
Scarponi, Italy, Lampre, 4:20 behind; 3. Vincen-
zo Nibali, Italy, Liquigas, 5:11; 4. John Gadret,
France, AG2R, 6:08; 5. Mikel Nieve Ituralde,
Spain, Euskaltel, 7:03; 6. Jose Rujano,
Venezuela, Androni, 8:39; 7. Denis Menchov,
Russia, Geox, 8:46; 8. Roman Kreuziger, Czech
Republic, Astana, 8:58; 9. Joaquin Rodriguez,
Spain, Katusha, 9:20; 10. David Arroyo, Spain,
Movistar, 9:30.

Also: 69. Michael Barry, Sky Procycling.

NBA

PLAYOFFS

All Times Eastern

CONFERENCE FINALS

(Best-of-7 series)

EASTERN CONFERENCE

Chicago (1) vs. Miami (2)
(Miami leads series 2-1)

Sunday's result

Miami 96 Chicago 85

Tonight's game

Chicago at Miami, 8:30 p.m.

Thursday's game

Miami at Chicago, 8:30 p.m.

Saturday, May 28

x-Chicago at Miami, 8:30 p.m.

Monday, May 30

x-Miami at Chicago, 8:30 p.m.

WESTERN CONFERENCE

Dallas (3) vs. Oklahoma City (4)

(Dallas leads series 3-1)

Last night's result

Dallas 112 Oklahoma City 105 (OT)

Tomorrow's game

Oklahoma City at Dallas, 9 p.m.

Friday's game

x-Dallas at Oklahoma City, 9 p.m.

Sunday, May 29

x-Oklahoma City at Dallas, 9 p.m.

x — played only if necessary.

MAVS 112, THUNDER 105 (OT)

DALLAS (112)

Marion 1-5 6-7, Nowitzki 12-20 14-15 40,
Chandler 2-4 1-15, Kidd 5-9 4-4 17, Stevenson
1-5 0-0 3, Terry 7-19 4-4 20, Stojakovic 2-7 0-4
4, Haywood 2-2 5-8 9, Barea 3-10 1-17. Totals
35-81 34-19 21-12.

OKLAHOMA CITY (105)

Durant 9-22 9-10 29, Ibaka 8-15 2-2 18,
Perkins 3-5 0-16, Westbrook 7-22 5-8 19, Se-
folosha 6-10 0-0 12, Harden 3-5 1-27, Collison
5-7 2-2 12, Maynor 1-4 0-0 2, Cook 0-0 0-0 0.
Totals 42-90 19-25 105.

Dallas 22 32 23 24 11 112
Oklahoma City 31 28 22 20 4 105
3-Point Goals—Dallas 8-25 (Kidd 3-6, Nowitzki
2-3, Terry 2-6, Stevenson 1-4, Barea 0-3, Stojakovic
0-3), Oklahoma City 2-13 (Durant 2-7, Maynor
0-1, Sefolosha 0-2, Westbrook 0-3). Fouled Out—Harden,
Collison. Rebounds—Dallas 43 (Chandler 8), Oklahoma
City 62 (Durant 15). Assists—Dallas 16 (Kidd 7), Oklahoma
City 23 (Westbrook 8). Total Fouls—Dallas 22,
Oklahoma City 29. Technicals—Chandler, Dallas
defensive three second, Oklahoma City defensive
three second. Flagrant Fouls—Haywood. A—18,203
(18,203).

SOCCER

MLS

Sunday's result

Toronto 0 Colorado 0

Real Salt Lake 0 Dallas 0

Tomorrow's games

All times Eastern

Colorado at New York, 7:30 p.m.

Dallas at Seattle, 10 p.m.

Houston at Los Angeles, 10:30 p.m.

Saturday's games

Philadelphia at Toronto, 12:30 p.m.

New York at Vancouver, 5:30 p.m.

Chivas USA at Columbus, 7:30 p.m.

Los Angeles at New England, 8 p.m.

FC Dallas at Houston, 8:30 p.m.

San Jose at Chicago, 8:30 p.m.

Seattle at Real Salt Lake, 9 p.m.

Kansas City at Colorado, 9 p.m.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	25	21	.543	—
Tampa Bay	26	22	.542	—
Boston	25	22	.532	1/2
Toronto	24	23	.511	1 1/2
Baltimore	21	24	.467	3 1/2

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	30	15	.667	—
Detroit	24	23	.511	7
Kansas City	22	24	.478	8 1/2
Chicago	22	27	.449	10
Minnesota	15	31	.326	15 1/2

WEST DIVISION

	W	L	Pct	GB
Texas	25	23	.521	—
Los Angeles	24	24	.500	1
Seattle	23	24	.489	1 1/2
Oakland	22	25	.468	2 1/2

Last night's results

Cleveland 3 Boston 2

Detroit 6 Tampa Bay 3

Toronto 7 N.Y. Yankees 3

Texas 4 Chicago White Sox 0

Seattle 8 Minnesota 7 (10 inn.)

Oakland at L.A. Angels

Tonight's games

Boston (Beckett 3-1) at Cleveland (Carmona

3-4), 7:05 p.m.

Kansas City (Duffy 0-0) at Baltimore (Britton

5-2), 7:05 p.m.

Tampa Bay (W.Davis 4-4) at Detroit (Verlan-

der 4-3), 7:05 p.m.

Toronto (R.Romero 4-4) at N.Y. Yankees

(Sabathia 4-3), 7:05 p.m.

Chicago White Sox (Peavy 1-0) at Texas

(D.Holland 3-1), 8:05 p.m.

Seattle (Fister 2-4) at Minnesota (Blackburn

3-4), 8:10 p.m.

Oakland (Moscoso 0-0) at L.A. Angels (Haren

4-2), 10:05 p.m.

BLUE JAYS 7, YANKEES 3

	ab	r	h	bi		ab	r	h	bi
Toronto	5	0	1	0	New York	5	0	0	0
RDavis cf	5	0	1	0	Jeter ss	5	0	0	0
CPtters lf	5	1	1	0	Gmdrs cf	2	3	0	0
Bautist rf	3	2	1	1	Teixeir 1b	4	0	1	0
YEscors ss	3	0	1	0	AlRdng 3b	4	0	2	0
JRiver 1b	3	1	1	0	Cano 2b	3	0	1	3
A.Hill 2b	4	2	2	1	Martin c	4	0	0	0
ETHms dh	3	1	0	1	Posada dh	4	0	0	0
Arensic	4	0	2	4	Gardnr lf	4	0	2	0
Encnc 3b	3	0	0	0	Dickers rf	4	0	0	0
JMcDnl 3b	1	0	0	0					
Totals	34	7	9	7	Totals	34	3	6	3

Toronto 100 005 010 7

New York 000 101 010 3

E—Encarnacion (11), Y.Escobar (4). LOB—

Toronto 5, New York 8. 2B—C.Patterson (12),

A.Hill (10), Arensibia (7), Gardner (5). HR—

Bautista (19). SB—Granderson (5), Gardner 2

(8). CS—R.Davis (5). S—Y.Escobar. SF—Cano.

IP H R ER BB SO

Toronto

Villanueva W,2-0

Fraser

Rauch

L.Perez

F.Francisco

New York

Colon L,2-3

Noesi

Umpires—Home, Scott Barry; First, John

Hirschbeck; Second, Wally Bell; Third, Laz Di-

az.

T—3:00. A—41,946 (50,291) at Toronto.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	29	18	.617	—
Florida	26	19	.578	2
Atlanta	26	23	.531	4
New York	22	24	.478	6 1/2
Washington	21	26	.447	8

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	28	20	.583	—
Cincinnati	25	23	.521	3
Milwaukee	25	23	.521	3
Pittsburgh	22	24	.478	5
Chicago	20	25	.444	6 1/2
Houston	18	30	.375	10

WEST DIVISION

	W	L	Pct	GB
San Francisco	27	19	.587	—
Colorado	23	22	.511	3 1/2
Arizona	23	23	.500	4
Los Angeles	21	28	.429	7 1/2
San Diego	19	28	.404	8 1/2

Last night's results

Philadelphia 10 Cincinnati 3

Houston 4 L.A. Dodgers 3

Milwaukee 11 Washington 3

St. Louis at San Diego

Today's games

Arizona (J.Saunders 0-5) at Colorado (De La

Rosa 5-2), 3:10 p.m., 1st game

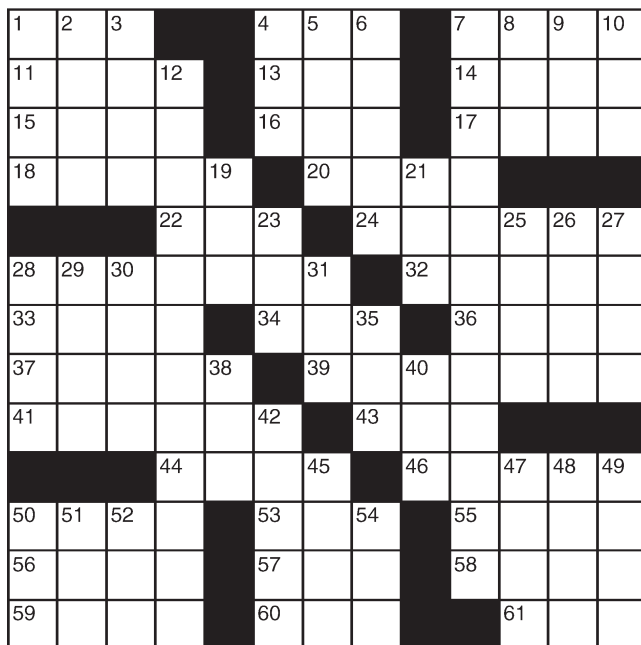
Crossword

Across

1 Aries animal
4 Mariner's venue
7 Dutch cheese
11 Notion
13 Peculiar
14 Loosen
15 Witty poet Ogden
16 Zero
17 React in horror
18 Southern speech
20 Neap, for one
22 Charged particle
24 Looseleaf notebook
28 Green-eyed
32 Paris river
33 Eager, and then some
34 Spigot
36 Contemporary of Virgil
37 Whom Jason jilted
39 Transport to Oz
41 Tangles
43 Trouble
44 Mr. Ginchich
46 Broomstick passenger
50 Apple's center
53 Noah's boat
55 Traditional tales
56 Renders speechless
57 Regret
58 Ogler's look
59 Charlotte's creations
60 "Family Guy" daughter
61 Newcomer to society

Down

1 Peel
2 Hebrew month



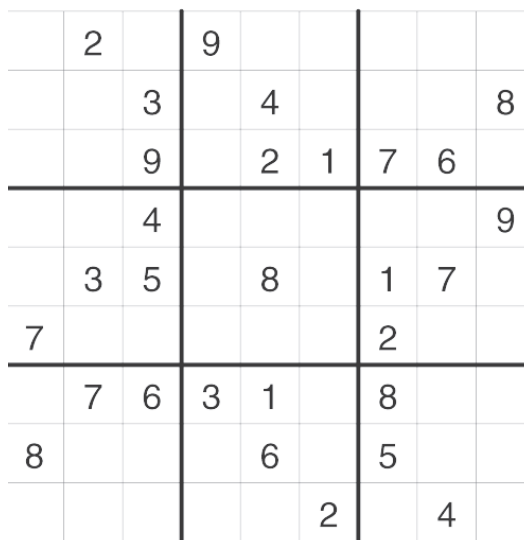
3 Small plateau
4 Bart, to Homer
5 Tend texts
6 Wing it
7 12-Down playwright
8 "CSI" evidence
9 Billboards
10 Swab the deck
12 Comedy that debuted on Broadway in 1933
19 Privy
21 Affront (SL)
23 Kook
25 Prima donna
26 Oklahoma city
27 Start over
28 Gets stuck
29 Divisible by two
30 Verdi opera
31 Perched
35 "Wham!"
38 Hearty brew
40 Tier
42 Honey bunch?
45 Verifiable
47 — the line (be-haved)
48 Saskatchewan tribe
49 KFC additive
50 Crow's cry
51 Have debts

52 CSA soldier
54 Small barrel

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer

9	8	7	2	5	1	4	3	6
6	1	3	4	7	9	8	5	2
5	4	2	3	6	8	9	7	1
8	5	4	7	9	6	2	1	3
2	7	1	8	4	3	5	6	9
3	6	9	1	2	5	7	8	4
1	2	6	5	8	4	3	9	7
4	3	5	9	1	7	6	2	8
7	9	8	6	3	2	1	4	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

big lil sis, I love you! I will miss you so much! Have a great time :) LIL BIG SIS

*LovesTrains
Hey babe, I just want you to know how much I miss spending time with you. Lets go for a long drive like we used to. Love, MISS*

My Best BBM Friend (aka Cutie) Metro knows & so do I! I love being around you too. You just don't know how much you mean to me... UR SECRET ADMIRER

*ChuckyCC
I could not help myself babe I called your "wife". she knows what's happening now we can focus on US. I came back early, was not having any fun. miss you. ps don't be mad someone had to do the dirty work. she says she knew the truth anyway I am ready to make a move, are you? TIFFANY*

A look at the weather

TODAY Min 7° Max 11°
WEDNESDAY Min 2° Max 9°
THURSDAY Min 6° Max 16°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20
Someone new will come into your life, someone who brings fun.
♉ Taurus April 21-May 21
You need to come down to earth a bit and deal with matters of a practical nature — especially money.
♊ Gemini May 22-June 21
Follow your instincts and don't be afraid to change direction. Your head and heart are in harmony.
♋ Cancer June 22-July 22
If you want to make sense of recent events, you will have to stand back and put them in a wider context.

♌ Leo July 23-Aug. 23
If you want to accomplish more than you have, you must work as part of a team.
♍ Virgo Aug. 24-Sept. 22
An idea you had recently is growing in your mind and you know that it could transform your life.
♎ Libra Sept. 23-Oct. 23
Start looking forward to all the good things that will very soon be coming your way.
♏ Scorpio Oct. 24-Nov. 22
The more you try to give up a habit, the more you end up enslaved to it. Accept it as part of your nature.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21
Flattery may work to an extent but you also need to show people what's in it for them.
♑ Capricorn Dec. 22-Jan. 20
Don't let sentiment play a part in your judgment: Results are far more important than your feelings.
♒ Aquarius Jan. 21-Feb. 18
Lingering feuds must be swept away. There's no time for them.
♓ Pisces Feb. 19-March 20
Make sure loved ones still have a prominent role in your future plans. **SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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41,000km,
Convertible

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Leather, Low KMs

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Sunroof

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STK# A110523

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